2016 Summer CSA Recipes
Week 12

White Corn with Tomatoes
INGREDIENTS

1/4 cup olive oil
2 cups chopped onion
2 cups chopped celery
2 cups chopped green bell peppers
4 Large Chopped Tomatoes
8 ears white corn kernels, removed.
1 teaspoon minced peeled fresh ginger
1/2 teaspoon grated lemon peel
1/2 teaspoon freshly ground black pepper
REPARATION

Heat olive oil in heavy large pot over medium-high heat. Add chopped onion, chopped celery and chopped green bell peppers and sauté until vegetables begin to soften, about 7 minutes. Add tomatoes and bring to simmer. Add corn. Reduce heat to medium, cover and simmer 15 minutes. Mix in ginger, lemon peel and black pepper. Cover and simmer until vegetables are soft and corn is tender but not mushy, adding more reserved tomato juice if mixture is dry, about 10 minutes longer. Season to taste with salt.

Chicken and White Corn Chowder
Ingredients

3 strips bacon, roughly chopped
1 medium onion, diced
3 tablespoons flour
One 15-ounce can chicken broth
3 cups milk
3 ears white corn, kernels removed and cobs reserved
2 sprigs fresh thyme
2 1/2 cups shredded chicken from store-bought rotisserie chicken
Salt and freshly ground black pepper
Directions

In a large pot over medium heat, add the bacon and cook until browned, about 5 minutes. Add the onions and cook until softened, about 5 minutes. Add the flour, stirring constantly for 1 minute, until the flour is just slightly golden. Slowly add the chicken stock, whisking constantly to avoid lumps. Whisk in the milk and add the corn cobs and thyme to the pot. Bring to a simmer and cook about 15 minutes, stirring occasionally to infuse the corn flavor into the soup. Remove the cobs and thyme from the pot. Stir in the corn kernels and shredded chicken. Bring back to a simmer, remove from the heat, ladle into bowls and serve hot.

Grilled Shishito Peppers

Heat an indoor grill pan or outdoor grill to medium high (about 375°F to 425°F).
Meanwhile, place the peppers in a medium bowl, add the olive oil, and toss to coat; set aside.
When the grill is ready, place the peppers on the grill in a single layer, making sure they're not touching; reserve the bowl they were in.
Grill the peppers uncovered, turning them occasionally, until they start to char and blister, about 6 to 8 minutes total.
Return the peppers to the bowl, toss immediately with plum vinegar and salt, and serve.

Blistered Shishito Peppers
2 tablespoons unsalted butter
8 ounces shishito peppers (about 6 cups)
1 teaspoon freshly squeezed lemon juice
1/2 cup finely grated Parmesan
Kosher salt
Directions
Preheat the broiler with an oven rack set about 4 inches from the heat source. Have a large

mixing bowl ready.
Melt the butter in a small saucepan over medium heat until light brown specks start to form and the butter starts to smell nutty, swirling the pan occasionally, about 5 minutes. Pour immediately into the mixing bowl, being sure to scrape the brown bits from the bottom of the pan.
Spread the shishito peppers in a single layer on a baking sheet. Broil the peppers until lightly blistered and just starting to soften, shaking the baking sheet occasionally, 3 to 5 minutes. Transfer the hot peppers to the bowl with the browned butter. Lightly toss with the lemon juice, cheese and a sprinkle of salt. Serve immediately.

Mom's Stuffed Peppers
Ingredients
1 1/2 to 2 cups cooked white rice (starting from about 3/4 to 1 cup raw white rice)
4 to 6 bell peppers (red, yellow, or green), use 4 large, or 6 medium sized
1 to 1 1/4 lb of ground beef
6 large fresh basil leaves, chopped (or 1 1/2 teaspoons dried basil)
1/2 teaspoon dry summer savory or thyme
1/2 teaspoon ground marjoram (or 2 teaspoons of fresh chopped)
(Can substitute herbs with other herbs such as an Italian herb mix)
1 teaspoon salt
Freshly ground black pepper
1/4 cup olive oil
Paprika

1 Cook the rice: If you haven't already made the rice, start cooking the rice following the package instructions (usually 1 cup of raw white rice plus 1 1/2 cups of water and 1/2 teaspoon of salt, bring to boil, reduce heat to low, cover and cook for 15 minutes.)
2 Steam the bell peppers: Cut the tops off of the bell peppers. Remove and discard (compost) the stem and seeds.
Place bell peppers cut side up on a steaming rack over an inch of water in a large covered pot. Bring to boil, let steam for 10 minutes. (Note you can skip this step if you want, but steaming the pepper shells first will make them more tender and easier to eat.)
3 Mix the filling: Heat oven to 350°F. In a large bowl mix together the ground beef, basil, summer savory, marjoram, salt, several turns of black pepper, and the cooked rice.
4 Fill the bell peppers: Remove bell peppers from steamer pan. Place cut side up in a pyrex or other oven-proof casserole. Gently stuff the peppers with the ground beef rice mixture. moms-stuffed-bell-peppers-method-3 moms-stuffed-bell-peppers-method-4
Drizzle olive oil over the stuffed peppers, along the outside of the peppers, and into the pan. Rub the oil over the outside of the peppers; it will help with browning. Sprinkle the tops generously with paprika.
5 Bake: Place on the middle rack of the oven and bake at 350°F for 35-50 minutes, or longer, until the meat is cooked through.

Baked Eggplant
Ingredients
cooking spray
1 eggplant, sliced into 1/2-inch-thick rounds
3 tomatoes, sliced
1 tablespoon extra virgin olive oil

1 teaspoon oregano
1/3 cup grated Parmesan cheese
salt and ground black pepper to taste
Directions
Preheat oven to 400 degrees F (200 degrees C). Prepare a baking dish with non-stick play.
Arrange eggplant and tomato slices into the bottom of the prepared baking dish. Drizzle olive oil over the vegetables; season with oregano, salt, and pepper. Sprinkle Parmesan cheese over the entire mixture.
Bake in preheated oven until the cheese is beginning to brown, about 30 minutes. Switch oven broiler to high; continue baking until completely browned, about 5 minutes.

Eggplant and Tomato Casserole

Ingredients
1 medium eggplant, sliced into 1/4 inch rounds
salt to taste
3 tablespoons olive oil
1 small onion, halved and sliced
4 medium tomatoes, sliced

1/4 cup balsamic vinegar
2 tablespoons olive oil
1 cup dry bread crumbs for topping
salt and pepper to taste
Directions
Preheat the oven to 350 degrees F (175 degrees C). Season the eggplant slices with salt, and let stand for about 10 minutes. Drain off liquid. Heat 3 tablespoons of olive oil in a large skillet over medium-high heat. Quickly brown the eggplant slices on each side.
Place a layer of the eggplant slices in an 8 inch square baking dish or casserole dish. Place some tomato slices over the eggplant, and then a few slices of onion. Repeat layers until you run out of eggplant. Pour balsamic vinegar over everything. In a small bowl, stir together the bread crumbs and remaining olive oil. Season with salt and pepper. Spread in a layer over the vegetables.
Bake for 25 to 30 minutes in the preheated oven, until the top is golden brown and the eggplant is tender.

Caramelized Fairytale Eggplant

Ingredients
1 red pepper
15 small Fairy Tale eggplants
Olive oil to coat the pan, plus more for drizzling
2 tbs. aged balsamic vinegar, plus 1 tbs. for drizzling
1 tbs. dried oregano
1 tbs. chopped parsley
Salt and pepper to taste

Instructions
Roast red pepper, and allow to cool. (1) Remove skin and seeds and julienne, then set aside. (2) Wash eggplants, and halve lengthwise. Lightly coat a hot 16-inch sauté pan with olive oil, and set heat to medium-high. Add eggplant, and caramelize until lightly browned, about 2 minutes. (3) Season with salt and pepper. Deglaze with 2 tablespoons balsamic vinegar, then add the roasted pepper and herbs. Serve hot, drizzled with balsamic vinegar and olive oil.

Rosemary Pork Chops
INGREDIENTS

3 garlic cloves
2 teaspoons coarsely chopped rosemary
3 tablespoons olive oil
4 (1/2-inch-thick) bone-in rib pork chops (1 1/2 pounds)
Accompaniment: lemon wedge

PREPARATION

Preheat broiler.
Mince and mash garlic to a paste with a pinch of salt, then stir together with rosemary, oil, 3/4 teaspoon salt, and 1/2 teaspoon pepper. Rub mixture all over chops.
Broil chops on a broiler pan about 4 inches from heat, turning once, until just cooked through, about 8 minutes total. Let stand 5 minutes.