

Shared Legacy Farms Week Ten Recipes, 2020

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Karen Ayers Famous CSA Freezer Marinara Sauce

Adapted from our CSA Facebook Group

Our lovely Karen posted this last summer and since so many of you have posted that you're LOVING it. What a great way to enjoy all these veggies in the winter months, and it's pretty EASY!

Ingredients:

This is what Karen used, although she does mention you can "adapt" as needed. You could include squashes, more or less of things, etc.

~6# mixed tomatoes

4 onions

3 carrots

2 peppers

2 whole heads of garlic (roasted in foil)

Lots of basil (Karen used ~60 leaves)

Directions:

Heat oven to 400 degrees.

Roast all veggies with olive oil, salt and pepper at 400 for 60-70 minutes. If you're including summer squash you would want to add it towards the end.

Cool slightly and then puree in food processor in batches, adding lots of basil leaves and squeezing the roasted garlic into each batch.

Salt to taste. Karen mixed all the batches together and then salted, another great idea.

Freeze in sip locks or mason jars. If you don't have a lot you can use this as a booster to other sauces.

Peperonata

Adapted from Serious Eats (www.serious-eats.com)

Serves 4-8

Huge exit strategy here! Great flavor and you've got all these goodies, sub in those frying peppers if you need to.

Ingredients:

¾ cup EVOO, divided

6 medium cloves garlic, thinly sliced

2 medium yellow onions, sliced 1/4 inch thick

4 pounds red, yellow, and/or orange bell peppers (about 6 large bell peppers), stemmed, seeded, and sliced lengthwise ½ inch thick

1 cup pureed tomatoes (see note)

2 sprigs basil or oregano

Kosher salt

1 Tbs white wine vinegar or red wine vinegar

Directions:

In a large pot or Dutch oven, heat 1/2 cup olive oil over medium heat until shimmering. Add garlic and cook, stirring, until just starting to turn golden, 3 to 4 minutes. Stir in onions, increase heat to medium-high, and cook for 2 minutes. Stir in peppers and cook, stirring occasionally, until starting to soften, about 20 minutes.

Add tomato and basil or oregano sprigs and stir to combine. Bring to a gentle simmer, then lower heat to maintain simmer. Continue to cook, stirring occasionally, until peppers are very soft, about 1 hour. Stir in remaining 1/4 cup olive oil and season with salt. Stir in vinegar (see note). Discard herb sprigs. Serve right away, or chill, then serve reheated, slightly chilled, or at room temperature.

For the pureed tomatoes, you can use a puree of fresh peeled and seeded tomatoes that have been briefly cooked to concentrate their flavor, or canned whole tomatoes that you've blended with their juices. (Canned tomatoes are often the better choice, since they are usually top-quality.) If you make this with beautiful, ripe summer bell peppers, they should provide enough sweetness to balance the small amount of vinegar. If your peppers are less sweet and the peperonata tastes a little too tart, add a tiny bit of sugar, a pinch at a time, until the flavor is balanced.

Broiled Top Blade Steak with Herb-Flecked Tomato Salad

Adapted from Rachael Ray Mag (www.rachaelraymag.com)

Serves 4

What a great main dish!

Ingredients:

4 boneless top blade steaks (3/4-inch thick, about 6 oz. each), at room temperature and patted dry
1 Tbs plus 2 tsp EVOO
1 clove garlic, halved
Salt and pepper
1 pint cherry tomatoes, halved
1 Tbs chopped flat-leaf parsley
1 Tbs chopped fresh basil
1 Tbs finely chopped shallot
2 tsp fresh lemon juice

Directions:

Position an oven rack 4 inches from the broiler; preheat the broiler. Heat a large ovenproof skillet (preferably cast-iron) in the oven for 10 minutes.

Rub the steaks with 2 tsp. EVOO and the cut sides of the garlic clove; season generously. Broil the steaks in the heated skillet, flipping halfway through, 5 to 7 minutes for medium-rare. Transfer to a cutting board and let rest for 5 minutes.

Meanwhile, in a medium bowl, toss the tomatoes with the remaining 1 tbsp. EVOO, the parsley, basil, shallot and lemon juice; season. Serve alongside the sliced steak.

Roasted Chicken with Clementines and Arak (uses FENNEL)

Adapted from Yotam (www.tastecooking.com)

Serves 4

This is a super savory way to enjoy fennel and introduce it to your family!

Ingredients:

6 Tbs arak, ouzo, or Pernod
4 Tbs EVOO
3 Tbs freshly squeezed orange juice
3 Tbs lemon juice
2 Tbs mustard
3 Tbs light brown sugar
2 medium fennel bulbs
1 Large chicken, divided into 8 pieces
4 clementines, unpeeled, cut horizontally into ¼ inch slices
1 Tbs thyme leaves
2 tsp fennel seeds, lightly crushed
salt
pepper
chopped parsley to garnish

Directions:

Put the first six ingredients in a large mixing bowl and add 2 1/2 teaspoons salt and 1 1/2 teaspoons black pepper. Whisk well and set aside.

Trim the fennel and cut each bulb in half lengthwise. Cut each half into 4 wedges. Add the fennel to the liquids, along with the chicken pieces, clementine slices, thyme, and fennel seeds.

Stir well with your hands, then leave to marinate in the fridge for a few hours or overnight (skipping the marinating stage is also fine, if you are pressed for time).

Preheat the oven to 475°F. Transfer the chicken and its marinade to a baking sheet large enough to accommodate everything comfortably in a single layer, roughly a 12-by-14-inch pan; the chicken skin should be facing up. Once the oven is hot enough, put the pan in the oven and roast for 35 to 45 minutes, until the chicken is colored and cooked through. Remove from the oven.

Lift the chicken, fennel, and clementines from the pan and arrange on a serving plate; cover and keep warm. Pour the cooking liquid into a small saucepan, place over medium-high heat, bring to a boil, and then simmer until the sauce is reduced by one third, so you are left with about 1 cup.

Pour the hot sauce over the chicken, garnish with some parsley, and serve.

Orange and Fennel Salad

Adapted from The Food Network (www.foodnetwork.com)

Total time ~ 10 minutes

Serves 4

Fennel can be overwhelming as a new vegetable, try this recommended recipe from CSA member Kathryn! She has made it before and plans on making it again!

Ingredients:

1 large fennel bulb, trimmed and thinly sliced

2 medium oranges, peeled

1 Tbs EVOO

1 Tbs red wine vinegar

Salt and pepper

2 Tbs dried cranberries

Directions:

Place the sliced fennel in a salad bowl. Slice oranges to divide flesh sections and add to bowl.

Drizzle with olive oil, red wine vinegar, and salt and pepper.

Toss, top with sweetened cranberries and serve.

Collard Greens Dip

Adapted from Biscuits and Burlap (www.biscuitsandburlap.com)

Total time ~45 minutes

Serves 10

Use your fresh collard greens by blanching them first to have the same consistency as the frozen package this recipe calls for.

Ingredients:

1 pkg frozen, chopped collard greens
1 tsp EVOO
3 Tbs shallots, diced
1 clove garlic, chopped
½ cup sour cream
½ cup mayonnaise
8 ounces Monterey jack cheese, grated
1 tsp flour
½ can Rotel tomatoes, drained
¼ cup parmesan cheese, grated
½ tsp salt
½ tsp pepper
1 tsp pepper sauce or another hot sauce, optional

Directions:

Cook collard greens in salted water for about 15 minutes. Drain and press between paper towels to dry, removing any stems.

Saute' shallot and garlic in olive oil over medium heat for 2-3 minutes.

Stir remaining ingredients together, adding the shallots and garlic and reserving about 1/4 of the Monterey Jack cheese.

Place in 8" iron skillet or small ovenproof baking dish and top with remaining cheese. Bake at 350 for 25-30 minutes.

If desired, top brown under broiler, watching carefully.

Grilled Eggplant with Cherry Tomatoes

Adapted from Sunset (www.sunset.com)

Total time ~ 40 minutes

Serves 4

Great easy meal for any night of the week!

Ingredients:

1 qt. cherry tomatoes

About ¼ cup EVOO, divided

1 tsp dried oregano

1 ½ tsp kosher salt, divided

2 large globe eggplants (about 1 lb. each), sliced ½ in. thick lengthwise

½ tsp pepper

8 ounces smoked mozzarella, coarsely shredded

Directions:

Heat a grill to medium (about 400°). In a medium bowl, combine tomatoes, 2 tbs oil, the oregano, and 1/2 tsp salt. Divide tomatoes between two pieces of foil (each about 12 in. by 15 in.) and wrap foil up and around tomatoes to seal. Pinch foil together to completely enclose tomatoes.

Set tomato packets on grill, lower lid, and cook until skins of most of the tomatoes begin to split (open packet to check), about 20 minutes. Transfer tomato packets to a rimmed baking sheet, being careful not to spill any juices.

Meanwhile, coat eggplant slices all over with remaining 2 tbsp. oil, 1 tsp salt, and the pepper. Grill eggplant slices until lightly charred and tender, turning once, 12 to 15 minutes total. Top with mozzarella, close lid, and allow cheese to melt, 1 to 2 minutes.

Transfer eggplant to rimmed baking pan with tomatoes and top with warm tomatoes and their juices. For each serving, stack 3 or 4 slices of tomato-topped eggplant. Drizzle with any tomato juices on the baking pan or foil.

Chicken Fajita Stuffed Peppers

Adapted from Cooking Classy (www.cookingclassy.com)

Total time ~1 hours

One of my all time favorite combos! This is a family favorite!

Ingredients:

¾ cup dry brown rice (2 cups cooked)
5 medium red , yellow, orange or green bell peppers
1 medium yellow onion , chopped (1 ½ cups)
2 cloves garlic, minced
2 T oil, divided
1 lb chicken, diced into ¾-inch pieces
1 tsp chili powder
1 tsp ground cumin
¼ tsp paprika
Salt and freshly ground black pepper
1 (10 oz) can tomatoes with green chiles
1 cup canned black beans , drained and rinsed
1 cup corn
3 T fresh cilantro , plus more for garnish
1 T fresh lime juice
2/3 cup shredded monterey jack cheese
Sour cream
Mexican style hot sauce (such as Tapatio or Cholula, optional)

Directions:

Heat heavy large skillet over high heat. Add vegetable oil and swirl skillet to coat. Heat until oil is very hot and begins to shimmer, about 1 minute

Prepare brown rice according to directions listed on package. Halfway through brown rice cooking, preheat oven to 375 degrees and begin making filling and boiling peppers.

Bring a large pot of water to a boil. Cut peppers in half through length (top to bottom), seed and devein peppers, then boil 4 - 5 minutes (fully immersing them in the water), just until tender. Drain well and align in baking pans, set aside.

Heat 1 T oil in a large and deep skillet over medium-high heat. Add onions and saute until golden about 5 minutes, then add garlic and saute 30 seconds longer, transfer onion mixture to a plate.

Add remaining 1 T oil skillet, and add chicken, sprinkle with 1/2 tsp chili powder, 1/2 tsp cumin, the paprika and season with salt and pepper.

Cook, stirring occasionally, until cooked through, about 5 minutes. Reduce heat to medium-low, add tomatoes, onion mixture, black beans, corn, cooked brown rice, remaining 1/2 tsp chili powder, 1/2 tsp cumin, cilantro, lime juice and season with salt and pepper to taste. Cook just until heated through.

Add a heaping 1/2 cup of the mixture to each pepper half (and slightly press as filling to fit). Pour enough water into bottom of baking dishes to reach 1/8-inch in height (careful not to pour it in peppers).

Cover baking dishes with foil and bake 30 - 35 minutes, until peppers are soft. Remove from oven, sprinkle tops evenly with cheese then return to oven to bake until cheese has melted, about 3 minutes longer.

Serve warm topped with more cilantro, sour cream and hot sauce if desired.

Corn Salad with Jalapeno Cilantro Dressing

Adapted from Healthy Seasonal Recipes (www.healthyseasonalrecipes.com)

Total time ~20 minutes

Serves 4

I LOVE corn salad this time of year...and I DO NOT cook the corn! I'm saving time whenever I can!

Ingredients:

8 ears corn, shucked
2 tsp cumin seeds
1 clove garlic, peeled
½ to 1 jalapeño, stem removed
1 bunch cilantro
2 T red wine vinegar
1 tsp salt
½ cup EVOO
1 orange bell pepper, finely diced
1 cup halved cherry tomatoes
½ cup finely diced red onion

Directions:

Bring a kettle of water to a boil. Set a bowl of ice water next to stove.

Place corn in a large skillet. Pour boiling water over the corn, cover, set over high heat and simmer until just crisp tender, 4 to 6 minutes. Remove the ears of corn from the boiling water and transfer to the ice bath.

Drain corn well. Pat corn dry with a clean towel, and remove kernels from the corn with a sharp knife.

Meanwhile, place cumin in a small skillet and set over medium heat. Toast cumin, swirling pan until fragrant, and the seeds crackle and start to smoke a little but, but not burn, 1 to 2 minutes. Immediately transfer the cumin to a food processor fitted with a steel blade attachment.

Turn food processor on, drop garlic and jalapeno through the feed tube and allow to process until chopped.

Remove lid, add cilantro, vinegar and salt. Process until chopped. Scrape sides and turn motor on again.

Drizzle in oil and continue processing until the mixture forms a green paste.

Toss the corn, cilantro dressing, bell pepper, cherry tomatoes and red onion in a large bowl.

Iced Cantaloupe Soup with Jalapeno and Basil

Adapted from Splendid Table (www.splendidtable.com)

Total time ~ 10 minutes

Serves 4

Keep cool with this summer-chilled soup with a kick. Make sure you make the soup a day ahead.

Ingredients:

Make this a day ahead and keep chilled:

1, 2 ½ pound sweet ripe cantaloupe/melon

2 cups ice cups

Generous pinch of salt

4 or 5 grinds of black pepper

2 Tbs sugar

Juice from 2 large limes (~1/2 cup)

Grated zest of ½ large lime

To finish, when serving:

1-2 jalapenos, seeded and diced

10-12 fresh basil leaves, coarse chopped

½ medium red onion, cut into 1/8 inched diced pieces

Directions:

Cut the melon into quarters. Scoop out its seeds and trim away the rind. Slice it into chunks and put them into a food processor. Add the ice, salt, pepper, sugar, and the lime juice, and puree. Stir in the grated zest.

Place the chiles, basil, and onion in small serving bowls. Transfer the puree into individual soup bowls or into a pitcher for chilling. To serve, pour the soup into bowls and pass the condiments. The basil and chile are the essential finishes for the soup while the onion is an attractive option.

Apple Muffins

Adapted from Gimme Some Oven (www.gimmesomeoven.com)

Total time ~ 30 minutes

Makes 12 muffins

Freezer Friendly

Make these now and enjoy later! Freeze for up to 6 months and have all winter! Great way to prep for this school year.

Ingredients:

3 cups old-fashioned oats*

1 Tbs pumpkin pie spice

1 ½ tsp baking soda

¾ tsp fine sea salt

1 medium apple, finely diced

2 eggs

2/3 cup unsweetened almond milk, plain or vanilla

¾ cup unsweetened applesauce

½ cup maple syrup

3 Tbs melted coconut oil (*or any mild-flavored oil*)

1 tsp vanilla extract

optional: turbinado sugar for sprinkling

Directions:

Preheat oven to 375°F. Line a 12-cup muffin pan with parchment or cupcake liners, or lightly grease with cooking spray. Set aside.

Puree oats in a blender or food processor until they reach a fine flour-like consistency. Add in the pumpkin pie spice, baking soda and sea salt, and pulse until the mixture is evenly combined. With the power turned off, add in the diced apple. Then use a spoon to toss until the apple is completely coated in the flour mixture. Set aside.

In a separate large mixing bowl, whisk together the eggs, milk, applesauce, maple syrup, coconut oil and vanilla extract until evenly combined. Fold the dry ingredients in with the wet ingredient mixture, and stir until the mixture is just combined. (Try to avoid over-mixing.)

Portion the batter evenly into the prepared baking cups. Then sprinkle a generous pinch of turbinado sugar on top of each muffin, if you would like.

Bake for 15-18 minutes, or until a toothpick inserted in the center of the muffins comes out clean. Remove from the oven and place the pan on a cooling rack for 5 minutes.

Serve warm. Or let the muffins cool to room temperature, then store in a sealed container for up to 3 days, or freeze for up to 3 months.

Apple Peach Crumb Bars

Adapted from Cooking for My Soul (www.cookingformysoul.com)

Total time ~ 1 hour

Makes 24 bars

What a delicious way to enjoy these two fruits together!

Ingredients:

Butter for greasing pan

Dough:

3 cups all purpose flour

1 cup granulated sugar

1 tsp baking powder

¼ tsp ground cinnamon

1 tsp grated lemon zest

¼ tsp salt

1 cup unsalted butter, very cold, cut into cubes (2 sticks)

1 large egg, beaten

Apple Peach Filling:

2 ½ cups fresh peaches, peeled and diced into ½ inch cubes

2 ½ cups gala apples, peeled and diced into ½ inch cubes

3 Tbs fresh lemon juice

¾ cup granulated sugar

¼ cup cornstarch

¼ tsp salt

½ tsp ground cinnamon

Directions:

Preheat oven to 375 degrees F. Grease a 9x13 baking pan with butter.

In a large bowl, combine all ingredients for the apple peach filling. Mix until evenly combined and fruit is coated. Set aside.

In another large bowl, whisk flour, sugar, baking powder, cinnamon, lemon zest, and salt. Cut in the butter into the dry ingredients using a pastry blender until you get pea-sized crumbles. You can also rub in the flour and butter with your fingers, but do it quickly so that the butter doesn't soften too much. Add the egg and mix until a very crumbly dough forms (it will seem dry).

Place half of the dough on the prepared 9x13 inch pan. Press down to form a firm and even layer. Spread the prepared peach and apple mixture evenly over dough, leaving most of the liquid behind. Spread out the remaining dough crumbles over the filling.

Bake for 45 minutes. Let cool completely. Cut into squares and serve.