

SLFarms CSA Week 17 Recipes, 2020

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Sweet Potato and Kale Hash

Adapted from The Mostly Vegan (www.themostlyvegan.com)

Serves 4

Great way to use your sweet potatoes AND get some greens in! Use kale, broccoli greens or whatever you've got!

Ingredients:

2 large sweet potatoes, peeled & chopped
1 bunch kale, ribs removed & roughly chopped
½ yellow onion, diced
2 tsp maple syrup
1 tsp ground chipotle chili pepper
1 T EVOO
salt & pepper to taste

Directions:

Heat olive oil in a large skillet over medium heat. Add onions to pan and saute until soft and translucent, about 3 minutes.

Meanwhile, place sweet potatoes in a glass bowl and cover with a paper towel. Steam in the microwave for 2-3 minutes until potatoes are just fork tender.*

Increase heat to medium-high and add sweet potatoes to skillet. Season with salt and pepper and saute about 5 minutes until evenly browned, stirring often to prevent burning. Add maple syrup to pan and toss to coat, saute 2 minutes more.

Add chipotle chili pepper and saute a minute more.

Lower heat to medium and add kale to skillet. Season again with salt and pepper. Allow to cook until kale is just wilted, about 2 minutes.

Serve warm.

Garlic Herb Chicken Sweet Potato Sheet Pan Meal

Adapted from Café Delites (www.cafedelites.com)

Total time ~35 minutes

Serves 4

Sheet pan meals are the best! Sub in other veggies to use this as a great exit strategy!

Ingredients:

1 large sweet potato , peeled and diced into 1/2-inch wide pieces
¼ cup EVOO, divided
4 cloves garlic , crushed or finely chopped, divided
2 tsp dried oregano, divided
2 tsp basil, divided
2 tsp parsley, divided
Salt and freshly ground black pepper
21 ounces boneless skinless chicken breasts , diced into 1 1/4-inch pieces
1 large head of broccoli cut into florets (about 3 cups of florets)
1 red pepper, deseeded and cut into wedges
1 medium red onion, cut into wedges

Directions:

Preheat oven to 400°F.

Line a large, rimmed baking sheet / tray with parchment paper or aluminium foil. Arrange sweet potatoes on the tray; drizzle with 1 tablespoon of oil (or enough to evenly coat), 1 crushed garlic clove, 1/2 teaspoon each of oregano, basil and parsley. Toss well to coat completely. Season with salt and pepper and spread into an even layer.

Cover with foil and roast in hot oven for 20 minutes, while preparing the remaining vegetables. The sweet potatoes will just begin to soften at this time (they will still be fairly hard on the inside, but soft on the outside).

Remove from the oven and arrange the chicken, broccoli, peppers, and onion around the sweet potatoes. Drizzle with remaining oil; add the garlic and herbs. Toss everything together to completely coat in the oil.

Season with extra salt and pepper to taste.

Return to the oven and bake for 15-20 minutes, turning chicken and other ingredients once while cooking, until the chicken is cooked through and no longer pink in the middle, and the other vegetables are cooked through. Serve immediately OR allow to cool to room temperature, divide into 4 containers and you have meals ready for the week!

Roasted Squash with Sesame Seeds and Cumin

Adapted from Martha Stewart (www.marthastewart.com)

Total time 45 minutes

Serves 6

Acorn squash is my favorite roasted squash, try it with some cumin for something different!

Ingredients:

3 T sesame seeds

1 ½ tsp cumin seeds

2 small acorn squashes (about 1 pound each), halved, seeded, and cut into 1-inch wedges

1 tsp ground coriander

Coarse salt and freshly ground pepper

3 T EVOO

Directions:

Preheat oven to 400 degrees. Toast sesame seeds in a small skillet over medium-high, shaking pan frequently, until golden brown, 1 to 2 minutes.

Add cumin seeds and toast until fragrant, about 30 seconds more. Transfer seeds to a small bowl; let cool.

Toss squashes with coriander, 2 teaspoons salt, 1/4 teaspoon pepper, and oil on a rimmed baking sheet. Spread in a single layer; roast 15 minutes.

Add sesame mixture and toss to coat, then flip slices. Roast until squashes are tender and golden brown, about 15 minutes more; serve.

Acorn Squash Lasagna

Adapted from Martha Stewart (www.marthastewart.com)

Total time 1 hour 25 minutes

Serves 4

Tired of your usual lasagna? Try this fall spin on this favorite dish!

Ingredients:

Olive oil, for baking dish

4 cups pureed acorn squash (roast and puree without skin)

½ tsp dried rubbed sage

Coarse salt and ground pepper

1 container (15 ounces) part-skim ricotta cheese

1 cup grated Parmesan cheese

8 no-boil lasagna noodles, half of an 8-ounce package

Directions:

Preheat oven to 400 degrees. Brush an 8-inch square baking dish with oil; set aside. In a medium bowl, mix squash puree with sage, 1 1/2 teaspoons salt, and 1/4 teaspoon pepper. In another bowl, mix ricotta with 1/2 cup Parmesan, 1 teaspoon salt, and 1/4 teaspoon pepper. Set aside.

Lay 2 lasagna noodles in the bottom of prepared dish; spread with half the squash mixture. Layer with 2 more noodles, and spread with half the ricotta mixture. Repeat layering with remaining noodles and mixtures. Sprinkle top (ricotta mixture) with remaining 1/2 cup Parmesan.

Cover baking dish with foil; place on a rimmed baking sheet. Bake until lasagna is heated through, about 45 minutes; remove foil, and continue baking until golden on top, 20 to 25 minutes more.

Roasted Carrots and Hakurei Turnips

Adapted from Global Growers (www.globalgrowers.org)

Serves 4

Love this combination of flavors!

Ingredients:

1 egg yolk

2 Tbs chopped green garlic

1 Tbs rice wine vinegar

¼ tsp kosher salt

½ cup sunflower oil

A bunch of small carrots and some Hakurei turnips

Directions:

Put a cast iron frying pan into a cold oven and heat it up to 400F.

Make the aioli while the oven gets hot: Separate the egg and save the white for breakfast. Whisk together the egg yolk, green garlic, vinegar, and salt in a small bowl. Set the bowl on a damp towel so it doesn't slide around while you are whisking. Very slowly drizzle the oil in to the egg yolk until it's all combined.

Remove the greens from carrots and turnips and reserve for other uses (the carrot greens can be used like parsley and are great in salads, the turnip greens can be cooked along with kale, chard, spinach or other greens). Scrub them and peel the carrots if you want to.

Cut the turnips into quarters and toss with a drizzle of oil and a sprinkle of salt. Put the carrots and turnips in the hot pan and return to the oven.

Roast for about 8-10 minutes until cooked through and started to darken. Check on them occasionally and stir them around with a wooden spoon. Serve with the aioli as a dipping sauce.

Roasted Hakurei Turnips and Radishes

Adapted from Just a Little Bit of Bacon (www.justalittlebitofbacon.com)

Total time ~25 minutes

Serves 4

I know some of you still have those huge radishes from last week!

Ingredients:

1 bunch radishes

1 bunch Hakurei turnips, or other mild salad turnips

3 Tbs

1 tsp kosher salt

Directions:

Move the rack in the oven to the lower middle position. Place the roasting pan in the oven. Preheat oven to 425F.

Slice the greens off the turnips and radishes. Scrub the turnips and radishes well to remove all the dirt and grit from the vegetables, and rinse the greens repeatedly until they are grit free. If you left a little bit of the stem on the radishes and turnips, make sure you clean around it well since dirt collects there. I find scraping around the stem as I wash cleans it up nicely.

Cut the turnips and radishes into wedges. Halve the small ones, and quarter or sixth the larger ones. In a large bowl, toss the vegetables with 2 tbsp of olive oil and 1/2 tsp of salt. Pour the vegetables into the roasting pan, arranging them so most have a flat side down in the pan. Roast for 15 minutes, stirring and turning the vegetables at 7 minutes.

Dry the washed greens to remove most of the water. Roughly chop the greens into bite-sized pieces, then toss them in the large bowl with the rest of the olive oil and the salt. Pull the roasting pan out of the oven, turn and stir the vegetables again and then make a space for the greens. Spread out the greens in the space and return the pan to the oven. Roast for 5 minutes more.

Poblano Potato Leek Soup

Adapted from Pamela Salzman (www.pamelasalzman.com)

Serves 6

Soup season has arrived and poblanos and potatoes are a great combination!

Ingredients:

2 Poblano peppers + more if desired for garnish

4 medium leeks, white and light green parts only (dark green tops can be washed and saved for making stock)

2 Tbs unsalted butter

½ large onion, chopped

2 medium Russet potatoes, peeled and cubed

4 cups chicken stock or vegetable broth

2 tsp sea salt or more to taste

½ cup unsweetened milk of choice or vegan cream cheese

optional: white pepper to taste or cracked black pepper

Directions:

Roast the peppers: over a gas flame using tongs to hold the peppers one at a time, blacken the skins lightly (don't char the living daylights out of the flesh.) Place the blackened peppers in a bowl and cover the bowl while you make the soup.

Wash the leeks: split the leeks in half lengthwise and run water in between each layer to remove any sand or grit. Pat dry and slice crosswise.

Warm a medium pot over medium heat. Melt the butter and stir in leeks and onion. Saute until the leeks are tender, about 4 minutes.

Add the potatoes, salt, and stock and bring to a boil. Lower heat to a simmer and cover. Cook until potatoes are tender, about 20-25 minutes.

In the meantime, peel the poblanos and discard the seeds. Chop the poblanos coarsely and add to the soup with the milk. Using an immersion blender, puree the soup until smooth. Or process in batches in a standard blender, taking care not to overprocess or else you will have a gummy soup.

Taste for salt and season accordingly.

Leek, Turnip and Rice Soup

Adapted from NY Times Cooking (www.cooking.nytimes.com)

Total time ~45 minutes

Serves 4

Perfect for this week! The leeks really add a ton of flavor!

Ingredients:

2 Tbs EVOO

4 large leeks, white and light green parts only, cleaned and sliced

1 pound turnips, cut in 1/2-inch dice

2 garlic cloves, minced

2 quarts vegetable stock, chicken stock or water

Salt to taste

1 bay leaf

½ cup rice, preferably Arborio

Freshly ground pepper

2 tablespoons chopped fresh parsley

Freshly grated Parmesan for serving (optional)

Garlic croutons for serving (optional)

Directions:

Heat the oil over medium heat in a large, heavy soup pot or Dutch oven and add the leeks. Cook, stirring often, until leeks are beginning to soften, about 3 minutes.

Add the turnips and continue to cook, stirring often, until the turnips are translucent and the leeks thoroughly tender, about 5 minutes.

Stir in the garlic and cook, stirring for about 30 seconds, until fragrant. Add the stock or water, salt, bay leaf and rice. Bring to a boil, reduce the heat to low, cover and simmer 30 minutes.

Taste and adjust seasonings. If serving as is, add pepper, stir in the parsley and serve, over croutons if desired, passing Parmesan at the table for sprinkling.

Leek and Kohlrabi Fritters

Adapted from Healthy Nibbles and Bits (www.healthynibblesandbits.com)

Total time ~40 minutes

Serves 6

Could also add in other veggies if you've got them!

Ingredients:

Yogurt Sauce:

1/3 cup sour cream

1/3 cup yogurt

1 Tbs lemon juice

zest from 1/2 lemon (about 1/2 tsp)

1 Tbs EVOO

1/2 Tbs ground sumac

1 small minced garlic

1/4 tsp kosher salt

1/8 tsp ground black pepper

Fritters:

4 cups thinly sliced leeks

2 cups peeled and grated kohlrabi

6 tablespoons chickpea flour

1/2 cup shredded parmesan cheese

1 1/2 tsp salt

1 1/2 tsp ground black pepper

zest of 1 lemon (about 1 tsp)

2 large eggs

4 to 5 Tbs oil

Directions:

Add all the yogurt sauce ingredients in a small bowl. Cover the bowl and refrigerate it while you prepare the fritters.

In a large bowl, mix the leeks, kohlrabi, flour, cheese, salt, black pepper and lemon zest. Beat the eggs in a small bowl and mix it in with the vegetables.

Heat about 1 1/2 tablespoons of oil in a large pan over medium heat. Scoop 2 tablespoons of the vegetables and transfer it to the pan. Add 5 more fritters to the pan and cook for about 4 to 5 minutes, flipping halfway.

Transfer cooked fritters to a plate lined with paper towels. Repeat for the remaining fritters. If the pan looks dry, add another tablespoon of olive oil to the pan.

Serve fritters with sumac yogurt sauce.

Crock Pot Apple Pear Cider

Adapted from A Saucy Kitchen (www.asaucykitchen.com)

Total time ~8 hours

This cider screams fall! Defiantly a people pleaser!

Ingredients:

4 medium pears, any type

4 medium apples, any type

1 orange

3 cinnamon sticks

2-3 star anise

2-3 slices of fresh ginger

1 whole nutmeg

2 tsp whole cloves

6 cups filtered water

1/3 cup maple syrup (or sweetener of your choice)

Directions:

Wash the apple, pears, and orange and cut them into quarters. Don't worry about removing the stems, seeds, and peels because you will strain it all out later. Place the fruit in the bottom of your slow cooker along with the cinnamon sticks, star anise, ginger slices, nutmeg and cloves.

Add the water to the crock pot making sure to leave about 1/2 inch of space at the top of the pot. Cook on high heat for 3-4 hours or on low heat for 6-8 hours.

An hour before the cider is done cooking, use a potato masher to mash the fruit. Cook for another hour.

Strain the cider through a fine-mesh strainer or cheese cloth into a clean pitcher or pot. Stir in the maple syrup or your alternative sweetener until it is dissolved and serve hot or wait for it to cool and add ice.

Asian Pear Galette with Cardamon Whipped Cream

Adapted from Food 52 (www.food52.com)

Total time ~2 hours 20 minutes

Serves 4

Love this whipped cream!

Ingredients:

Dough:

½ cup all purpose flour, plus more for rolling out dough

½ whole wheat flour

2 Tbs sugar

½ tsp kosher salt

7 Tbs unsalted butter, very cold, cut into small pieces

1 Tbs rice vinegar

Ice water, as needed

Filling and Assembly:

1 Asian pear, halved, cored and thinly sliced into half moons

3 Tbs dark brown sugar, divided

½ tsp vanilla extract

zest of 1 lemon

1 Tbs lemon juice

1 pinch kosher salt

1 Tbs heavy cream

1 Tbs turbinado sugar

Cardamom Whipped Cream recipe is at the bottom.

Directions:

Make the dough: in a bowl, mix together the flours, sugar, and salt until combined, then add the butter. Using a dough cutter or your fingers, squash and flatten the butter pieces until the flour until you have the texture of coarse meal with pea-sized (and larger) pieces throughout.

Add the vinegar and 2 tablespoons water, and mix until dough comes together into a ball. If the dough seems dry, you may need more water; add an extra tablespoon at a times until you can form a ball.

Flatten dough into a disk, wrap in plastic, and place in the fridge for at least 2 hours or overnight.

When you ready to assemble, preheat the oven to 400 F.

Make the filling: In a bowl, toss together the sliced pears, 2 tablespoons brown sugar, vanilla, lemon zest and juice, and salt.

On a clean working surface or large cutting board, lightly dust with flour and roll dough out into a flat round, about 1/8 inch thick and 13 inches wide. Transfer to a parchment lined sheet pan. Place the pears in the center, shingling them over one another like fish scales, leaving behind the accumulated juices. Fold over the edges of the dough so there's about a 1 – 2 inch border. Carefully pour the juices over the center of galette (ensuring it remains within the crust). Sprinkle the remaining tablespoon brown sugar over the fruit. Brush the crust with heavy cream and sprinkle with the turbinado sugar.

Bake for 35 to 45 minutes, or until the crust has browned and the filling ins bubbling. Let sit to cool slightly.

Cardamom Whipped Cream: Use an electric mixer or whisk to whip 1 cup heavy cream, 2 tablespoons granulated sugar, ½ teaspoon vanilla and ½ teaspoon ground cardamom to medium peaks, or to your desired whipped cream texture. Serve on top of galette, once cooled but still slightly warm.