

SLFarms CSA Week Sixteen Recipes, 2020

Caramelized Shallots

Pear, Shallot and Delicata Squash Soup

Whole Roasted Shallots and Potatoes with Rosemary

Roasted Delicata Squash Salad with Warm Pickled Onion Dressing

Skillet Dinner with Broccoli Leaves

Broccoli Greens in Bacon Grease

Roasted Roma Tomatoes

Arugula and Tomato Salad

Orzo Salad with Corn, Arugula and Cherry Tomato

Creamy Fettuccine with Corn and Arugula

Loaded Apple Cider Oatmeal Muffins

Apple Cider Skillet Meal

Caramelized Shallots

Adapted from Ina Garten (www.leitesculinaria.com)

Total time ~ 1 hour

Serves 8

Use this to spice up some roasted chicken this fall!

Ingredients:

6 Tbs unsalted butter

2 pounds shallots, peeled, roots intact

3 Tbs granulated sugar

3 Tbs really good red wine vinegar (or substitute sherry vinegar)

½ tsp kosher salt

¼ tsp freshly ground black pepper

2 Tbs chopped flat-leaf parsley leaves

Directions:

Preheat the oven to 400°F.

In a 12-inch ovenproof sauté pan or cast iron skillet over medium heat, melt the butter. Add the shallots and sugar and toss to coat. Cook over medium heat, tossing occasionally, until the shallots start to brown, about 10 minutes.

Add the vinegar, salt, and pepper and toss well. Place the pan or skillet in the oven and roast until the shallots are tender, 15 to 50 minutes, depending on the size of the shallots. Immediately transfer the shallots to a platter or serving dish. Don't worry about the variance in cooking temperature, if the shallots are done before the rest of dinner, transfer them to a plate, hold at room temperature, and then slide them back into the oven for just a few minutes to warm.

Just before serving, season with salt and pepper to taste and sprinkle with parsley

Pear, Shallot and Delicata Squash Soup

Adapted from Saveur (www.saveur.com)

This soup screams Week Sixteen. Could not be more perfect.

Ingredients:

2 Tbs EVOO

4 medium shallots, peeled and thinly sliced (~2 cups)

1 lb. Delicata squash, peeled, seeded, and cut into ½ inch slices (~2 cups)

1 lb. ripe firm-fleshed pears, cored and cut into ½ inch pieces (~2 cups)

½ tsp dried thyme

1 Tbs balsamic vinegar

4 cups chicken or vegetable stock

kosher salt

fresh ground black pepper

crème fraiche

maple syrup

Directions:

Heat oil in a large pot over medium heat. Add shallots to the oil and cook, stirring occasionally, until lightly browned, about 4-5 minutes. Add squash and pears and cook, stirring, until slightly softened and lightly browned, about 7 minutes.

Stir in thyme and cook until fragrant, about 1 minute. Add vinegar and stock, simmer until squash is completely softened, 15-20 minutes.

Remove soup from heat and puree until smooth, using an immersion blender or regular blender. Stir in salt and pepper to taste; serve swirled with crème fraiche and a drizzle of maple syrup.

Whole Roasted Shallots and Potatoes with Rosemary

Adapted from Genius Kitchen (www.geniuskitchen.com)

Total time 1 hour 15 minutes

Serves 4

This is SO good! Adjust the portions depending on what you have!

Ingredients:

11 ounces shallots, peeled

1 ½ lbs baby potatoes, washed and cut in half

3 T EVOO

2 T balsamic vinegar

4 sprigs rosemary

salt, to taste

fresh ground black pepper, to taste

Directions:

Preheat oven to 350 degrees.

In a large baking tray mix the olive oil and balsamic vinegar (you can leave the balsamic vinegar out if you don't have any or don't like it), add the whole twigs of rosemary.

Add the shallots and potatoes, stir so everything gets coated well.

Season to taste with salt and pepper.

Roast, uncovered, for approximately 1 hour or until the potatoes are tender. Depending on the size of the vegetables and your oven, they might take a little less or longer, according to some reviews it might be worth checking after about 45 minutes.

Stir once or twice while roasting. Serve warm.

Roasted Delicata Squash Salad with Warm Pickled Onion Dressing

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

Serves 4

I know we have our pickling lovers in this group, combine your efforts with your squash this week!

Ingredients:

2 medium delicata squash
3 Tbs EVOO, divided
1 ¼ tsp coarse kosher salt
½ tsp freshly ground pepper, divided
3 Tbs red wine vinegar
2 tsp honey
¼ tsp caraway seed
¼ cup minced red onion
2 cups shredded cabbage
1 large apple, finely diced
½ cup chopped celery hearts (preferably with leaves)
½ cup chopped toasted walnuts
2 Tbs Italian parsley, cut into strips (optional)

Directions:

Preheat oven to 400°F.

Cut delicata in half lengthwise; scoop out seeds and pulp. Cut lengthwise again, and then into 1/4-inch quarter-moons. Toss delicata in a medium bowl with 1 tablespoon oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper until coated. Spread out in a single layer onto a large rimmed baking sheet. Roast, stirring once or twice, until tender and darkened in spots, 16 to 20 minutes.

Meanwhile combine vinegar, honey, caraway, the remaining 3/4 teaspoon salt, and the remaining 1/4 teaspoon pepper in a microwave-safe measuring cup or bowl. Microwave until boiling-hot, 1 to 1 1/2 minutes. Remove from the microwave and stir in onion. Set aside for 10 minutes. Whisk in the remaining 2 tablespoons oil.

Toss cabbage, apple, celery hearts, the hot roasted delicata squash, and the warm pickled onion dressing in a large salad bowl. Divide among four plates and top with walnuts and parsley (if using).

Skillet Dinner with Broccoli Leaves

Adapted from Mom to Mom Nutrition (www.momtomonutrition.com)

Prep time ~ 20 minutes

Serves 6

Skillet meal means cooking in one pan, my kind of meal! Keep this in mind for kale as well!

Ingredients:

2 Tbs EVOO

4-5 kielbasa links, thinly sliced

½ red bell pepper, sliced

1 cup fresh green beans, chopped

1 – 14 ounce can diced tomatoes, drained

2 cups broccoli leaves, shredded

½ tsp garlic powder

½ tsp onion powder

¼ tsp black pepper

Rice or pasta for serving

Directions:

Add oil to large non-stick skillet at medium-high heat. Add sausage, bell pepper and green beans. Sauté until sausage is browned and vegetables are soft, about 10 minutes.

Add peppers, broccoli leaves, and spices. Sauté for an additional 5-7 minutes, until broccoli leaves are softened.

Serve immediately with your favorite whole grain and a sprinkle of Parmesan or Feta cheese.

Broccoli Greens in Bacon Grease

Adapted from Just a Pinch (www.justapinch.com)

Serves 2-4

If you're really not sure about those broccoli greens, just cook them in bacon grease...

Ingredients:

A "mess" of broccoli greens

½ medium onion, sliced

2 garlic cloves, crushed/minced

1 Tbs bacon grease

1 tsp steak seasoning

Directions:

In your cast iron skillet, caramelize the onion in the bacon grease. Meanwhile, stack and roll a handful of leaves, cut lengthwise once and then chop (1/2") crosswise.

Remove the onion to the side, dump all of your leaves into the skillet, stir until they begin to wilt, reduce heat, add 1/2-3/4 C of water and cover. Stir every two to three minutes.

When they are tender enough for your liking, add the garlic, onion and steak seasoning from heat. Enjoy.

Roasted Roma Tomatoes

Adapted from Southern Boy Dishes (www.southernboydishes.com)

Total time ~15 minutes

Serves 4

Turn on that oven, it's officially chilly outside.

Ingredients:

¼ cup EVOO

1 Tbs fresh thyme leaves

2 garlic cloves, finely minced

¼ tsp kosher salt

10 Roma tomatoes, cut in half lengthwise

Directions:

Preheat oven to 275 degrees. In a medium bowl, stir together olive oil, thyme, garlic, and salt. Toss tomatoes in mixture until coated. Place tomato halves cut side up on baking sheet. Spoon remaining oil mixture over tomatoes.

Transfer baking sheet to oven and cook for 2 1/2 hours, depending on size of tomatoes. Remove from oven and cool completely.

Arugula and Tomato Salad

Adapted from Food Network (www.foodnetwork.com)

Total time ~20 minutes

Serves 6

Love this combination, change up the cheese if you get the cheese share. This makes a really large salad, scale back as needed.

Ingredients:

8 tomatoes, quartered

1 pint yellow and/or orange cherry tomatoes, halved

1 tsp aged balsamic vinegar, plus more for drizzling

Kosher salt and freshly ground black pepper

5 ounces baby arugula (about 8 cups)

1 tsp EVOO, plus more for drizzling

Shaved parmesan cheese, for topping

Directions:

Toss the tomatoes with the balsamic vinegar, $\frac{1}{4}$ teaspoon salt and a few grinds of pepper in a medium bowl. Set aside until juicy, about 5 minutes. Toss the arugula with the olive oil, a pinch of salt and a few grinds of pepper in a large bowl.

Spread the arugula on a platter. Spoon the tomatoes and their juices on top, then drizzle with more olive oil and vinegar. Top with parmesan.

Orzo Salad with Corn, Arugula and Cherry Tomato

Adapted from Food Network (www.foodnetwork.com)

Total time ~35 minutes

Serves 4

Sub in any pasta or grain you like!

Ingredients:

2 Tbs EVOO

1 yellow onion, chopped

One 1-pound box orzo

4 ears fresh corn

2 cups sliced cherry tomatoes

4 to 5 cups baby arugula

Lemon oil, for drizzling

½ cup shaved Parmesan

Directions:

Add the olive oil and onion to a medium skillet over medium heat. Cook until the onion is translucent and soft, about 8 minutes. Remove from the heat and let the onion cool.

Cook the orzo according to the package directions.

Grill or boil the corn until cooked and tender, about 5 minutes. Cut the kernels from the cobs.

Mix together the onions, orzo, cherry tomatoes and corn in a large bowl. Gently fold in the arugula. Drizzle with lemon oil and sprinkle the Parmesan on top.

Creamy Fettuccine with Corn and Arugula

Adapted from Real Simple (www.realsimple.com)

Total time ~15 minutes

Serves 4

Another warm dish for fall!

Ingredients:

12 ounces fettuccine

1 Tbs EVOO

2 leeks, cut into thin half moons

4 cloves garlic, thinly sliced

salt and pepper

1 cup corn kernels

½ cup dry white wine

¾ cup heavy cream

2 cups baby arugula

¼ cup grated pecorino

Directions:

Cook the pasta according to the package directions. Drain.

Meanwhile, heat the oil in a large skillet over medium-high heat. Add the leeks, garlic, ½ teaspoon salt, and ¼ teaspoon pepper. Cook, stirring occasionally, until tender, 3 to 4 minutes.

Add the corn and wine. Simmer until the corn is tender, 2 to 3 minutes. Stir in the cream.

Add the pasta, season with ½ teaspoon salt and ¼ teaspoon pepper, and toss to combine. Fold in the arugula.

Sprinkle with the pecorino before serving.

Loaded Apple Cider Oatmeal Muffins

Adapted from How Sweet Eats (www.howsweeteats.com)

Total time ~35 minutes

Makes 12 muffins

Loaded with flavor, use your apples and or pears in these!

Ingredients:

2 honeycrisp apples, diced
3 Tbs apple cider
1 ½ cups whole wheat pastry flour
½ cup old-fashioned rolled oats
1 tsp baking soda
½ tsp baking powder
½ tsp cinnamon
¼ tsp salt
¼ tsp cardamom
1 pinch of nutmeg
1 large egg
1/3 cup loosely packed brown sugar
1 ½ tsp vanilla extract
½ cup unsweetened applesauce
4 Tbs brown butter, melted and cooled
1/3 cup apple cider

Brown Butter Apple Cider Glaze:

4 Tbs brown butter, melted and cooled
1 ½ Tbs apple cider
½ tsp vanilla extract
½ - ¾ cup powdered sugar

Directions:

Preheat oven to 350 degrees F. Heat a small skillet over medium-low heat and add diced apples with 3 tablespoons apple cider, and a pinch of cinnamon and salt. Cook, stirring occasionally, until apples are soft and caramely, about 8-10 minutes. In a bowl, whisk together flour, oats, baking soda, baking powder, salt and spices. Set aside. Line a muffin tin with liners.

In a large bowl, whisk egg and brown sugar together until smooth and no lumps remain. Add in vanilla extract, butter, apple sauce and apple cider, whisking again until smooth. Gradually add in dry ingredients, mixing until just combined. Fold in diced apples. Do not overmix! Fill each muffin liner 2/3 of the way full with batter (I use an ice cream scoop to get the muffins to be of equal size).

Bake for 15-17 minutes, or until tops are no longer wet and become slightly golden. Top with glaze if desired!

Apple Cider Skillet Meal

Adapted from Well Plated (www.wellplated.com)

Total time ~30 minutes

Serves 4

This is a great way to use that cast iron pan!

Ingredients:

4 teaspoons EVOO, divided

1 ½ pounds boneless skinless chicken thighs (about 8, depending on size)

1 tsp kosher salt, divided

½ tsp freshly ground black pepper, divided

½ cup fresh apple cider

2 tsp Dijon mustard

3 medium firm, sweet apples, cored and cut into ½- inch slices

2 tsp chopped fresh rosemary, plus additional for serving

Directions:

Heat 2 teaspoons of oil in a large skillet over medium high. Sprinkle the top of the chicken evenly with 1/2 teaspoon kosher salt and 1/4 teaspoon pepper. Once the oil is hot and shimmering, add the chicken to the pan, top-side down. Let cook 4 minutes, then flip and continue cooking until the meat is cooked through and reaches an internal temperature of 160 degrees, 3 to 4 additional minutes. Remove to a plate and cover with foil to keep warm.

In a small bowl or large measuring cup, stir together the apple cider and mustard. With a paper towel, carefully wipe the skillet clean. Add the remaining 2 teaspoons of oil to the pan over medium high. Once the oil is hot, add the apple slices, remaining 1/2 teaspoon salt and 1/4 teaspoon pepper, and rosemary.

Cook for 5 minutes, until the apples are lightly tender and begin to turn golden. Return the chicken to the pan and pour the cider mixture over the top. Let cook for 4 to 5 minutes, until the liquid is reduced by half. Serve warm, sprinkled with additional chopped rosemary as desired.