

SLFarms CSA Recipes

Week Two, 2021

Veggie Cream Cheese
Kale, Potato and Irish Cheddar Frittata
Scallion Fish with Sesame Kale
Pickled Scallions
Roasted Carrots with Dill
White Bean & Garlic Scape Dip
Garlic Scape Pesto
Glazed Hakurei Turnips
Shaved Turnip and Radish Salad with Poppyseed Dressing

Veggie Cream Cheese

Adapted from Shared Legacy Farms Facebook Group

Total time ~10 minutes

Originally posted by Susan in our group, this has become such a hit! There are so many options with your veggies and herbs. Basically all these ingredients are optional, make your own mix up!

Ingredients:

1 garlic scape, finely chopped

1 scallion, finely chopped

1 carrot, shredded

1 radish, shredded

Dill or any fresh herb of your choice, finely chopped

1 8 ounce package cream cheese

Directions:

Combine all ingredients and mix by hand or in the food processor. Store in the fridge for up to 5 days. Enjoy on a bagel, as a dip or on toast.

Kale, Potato and Irish Cheddar Frittata

Adapted from The Feed Feed (www.tehfeedfeed.com)

Total time ~25 minutes

Serves 4

I love frittatas, make ahead for an easy breakfast to pull out on busy mornings! You could also use your spinach or radish greens for this!

Ingredients:

1 Tbs butter

1 Tbs EVOO

3 or 4 small cooked potatoes (roasted, boiled or steamed), sliced (about 1 cup)

3 scallions, thinly sliced

2 cups chopped kale (washed, stems removed)

4 extra-large eggs

1 Tbs milk or cream

1 Tbs chopped fresh tarragon

1/3 cup cubed Irish cheddar (about 3 ounces)

3 or 4 cloves of peeled roasted garlic or garlic confit, broken up into smaller bits (optional)

kosher salt

freshly ground black pepper

chopped chives and/or parsley, for garnish

Directions:

Preheat broiler and adjust rack to about 4 inches from heat source (or preheat oven to 400F).

Heat butter and olive oil in a 9-inch, oven-safe cast-iron pan or nonstick skillet over medium heat. Add potatoes and cook until golden, about 3 minutes, flip and cook on other side for another minute. Add scallions and stir for a couple of minutes until they begin to caramelize.

Add kale and cook until wilted, 3 or 4 minutes more. Season with a pinch of salt and a couple grinds of pepper.

Lightly beat eggs in a bowl. Whisk in milk or cream, tarragon, and a pinch of salt and black pepper.

Pour egg mixture into skillet and gently shake pan to distribute (I do not stir with a spoon as this can cause the eggs to stick to the pan). Cook for about a minute to set the bottom of the egg mixture. Scatter cheddar and roasted garlic (if using) over the top.

Transfer skillet to broiler and cook until the top of the frittata is bubbling and browned (this should take between 3 and 5 minutes depending on the intensity of the broiler - keep a close eye on the frittata so it doesn't burn). If using oven, bake for 8 to 10 minutes until cooked through and golden brown on top.

Remove skillet from broiler or oven and allow frittata to rest for a few minutes before serving. Garnish with chives and/or parsley.

Scallion Fish with Sesame Kale

Adapted from Bon Appetite (www.bonappetit.com)

Total time ~30 minutes

Serves 2

Love this for a healthy weeknight dinner!

Ingredients:

Fish-

1 tsp oil

1 T finely chopped peeled ginger, plus four ½"-thick slices

1 Tbs soy sauce

2 tsp fresh lemon juice

½ tsp toasted sesame oil

pinch of sugar

2 scallions, white and green parts separated, thinly sliced

6 sprigs cilantro, leaves and stems separated

2 5-oz. skin-on firm white fish fillets (such as branzino)

Kosher salt

Sesame Kale-

1 Tbs oil

1 garlic clove, thinly sliced

1 bunch Tuscan kale, center ribs and stems removed, cut into 1" strips

½ tsp kosher salt plus more

½ cup kimchi, chopped (optional)

1 tsp toasted sesame oil

Freshly ground black pepper

Directions:

Fish-

Heat vegetable oil in a small skillet over medium-high heat. Add 1 Tbsp. chopped ginger and cook, stirring, until fragrant, about 1 minute. Transfer ginger to a small bowl; mix in soy sauce, lemon juice, sesame oil, and sugar. Set sauce aside.

Line a large steamer basket with scallion whites, cilantro stems, and sliced ginger. Set scallion greens and cilantro leaves aside.

Using a small knife, score skin side of fish at 1" intervals; season with salt and place in steamer, skin side up.

Set steamer in a large pot filled with 1" of simmering water and cover; steam fish until cooked through, 6–8 minutes.

Sesame Kale-

Heat vegetable oil in a large skillet over medium-high heat. Add garlic and cook, stirring, until softened, about 1 minute.

Add kale, ½ tsp. salt, and ¼ cup water. Cover and cook, tossing occasionally, until leaves are tender and bright green, about 2 minutes.

Mix in kimchi, if desired, and sesame oil; season with salt and pepper.

Spoon sauce over fish, top with reserved scallion greens and cilantro leaves, and serve with sesame kale.

[Type text]

[Type text]

www.sharedlegacyfarms.com

Pickled Scallions

Adapted from Bon Appetit (www.bonappetit.com)

Makes 1 pint

Great exit strategy for these gems! Can be made ahead!

Ingredients:

1 bunch scallions
2 tsp mustard seeds
1 tsp coriander seeds
½ tsp cumin seeds
1 cup white wine vinegar
½ cup sugar
1 Tbs kosher salt

Directions:

Trim both ends of scallions and cut in half crosswise. Pack into a 1-pint heatproof jar.

Toast mustard, coriander, and cumin seeds in a dry small saucepan over medium-low heat, tossing often, until fragrant, about 2 minutes. Add to jar.

Bring vinegar, sugar, and salt to a simmer in same saucepan over medium heat, stirring to dissolve sugar and salt. Pour brine over scallions and seal jar. Chill at least 1 day before using.

Roasted Carrots with Dill

Adapted from The Food Charlatan (www.thefoodcharlatan.com)

Serves 6

In my opinion, crack carrots are the best roasted! Amazing plain or add some dill like this recipe suggests for a fancier spin. Save this one for later use if you already ate your carrots from last week!

Ingredients:

12 carrots, tops removed

3 Tbs EVOO

1 ¼ tsp kosher salt

½ tsp freshly ground black pepper

2 Tbs minced fresh dill OR 2 tsp dried dill

Directions:

Preheat the oven to 400 degrees F. Give the carrots a good scrub. If the carrots are thick, cut them in half lengthwise; if not, leave whole. Slice the carrots diagonally into 1 1/2-inch-thick slices, or however big you want them, really. (The carrots will shrink while cooking so big slices are fine. You will just have to up your roasting time.)

Toss them in a bowl with the olive oil, salt, pepper, and dried dill, if you don't have fresh.

Transfer to a baking sheet (line with parchment for easy cleanup) and spread out in a single layer. Roast in the oven for 20-30 minutes, until they are brown and fork-tender.

The roasting time depends on how big your carrots are. If you are using fresh dill, toss the carrots with the minced dill after they are roasted, season to taste, and serve.

White Bean & Garlic Scape Dip

Adapted from Just a little bit of Bacon (www.justalittlebitofbacon.com)

Total Time ~10 minutes

Garlic scapes have quickly gained popularity in the CSA community. Try them out in a dip to use on top of your other veggies this week.

Ingredients:

1 cup garlic scapes
2 15-ounce cans white cannellini beans, drained and rinsed
¼ cup EVOO
¼ cup water
¼ cup parsley, chopped
salt and pepper to taste

Directions:

Bring a large pot of water to a boil and set out a bowl of ice water. Add the garlic scapes to the pot and boil for 30 seconds. Drain and plunge the scapes into the ice water.

Roughly chop most of the scapes and finely chop a few for topping the dip.

Add the garlic scapes, white beans, olive oil, water, and parsley to a food processor (or blender) and process until smooth.

Add more water if it's too thick. Taste the dip and add salt and pepper to taste. Serve topped with some garlic scapes, chopped parsley, and a drizzle of extra virgin olive oil.

Garlic Scape Pesto

Adapted from A Dish of Daily Life (www.adishofdailylife.com)

Pesto is not just for pasta! Use it on other salads, roasted vegetables, sandwiches and more. You can freeze for use all year long!

Ingredients:

2 cups basil, packed
1 cup garlic scapes, chopped
1 cup slivered almonds
¾ cup EVOO
juice from one lemon
1 cup Parmesan cheese
salt and pepper to taste

Directions:

Process garlic scapes in food processor.

After they are broken down, add in the slivered almond and basil and continue to process.

Add olive oil and lemon juice in a steady stream, as you continue to blend.

Add parmesan and pulse a couple times to process.

Season to taste with salt

Glazed Hakurei Turnips

Adapted from Bon Appetit (www.bonappetit.com)

Serves 10

Try this simple recipe to enjoy those turnips and their greens!

Ingredients:

3 bunches baby hakurei turnips, baby turnips, or red radishes (about 2 pounds), trimmed, greens reserved
¼ cup (1/2 stick) unsalted butter
3 Tbs sugar
Kosher salt

Directions:

Place turnips in a large skillet; add water to cover turnips halfway. Add butter, sugar, and a large pinch of salt; bring to a boil.

Cook, stirring occasionally, until liquid is syrupy and turnips are tender, about 15 minutes. (If turnips are tender before liquid has reduced, use a slotted spoon to transfer turnips to a plate and reduce liquid until syrupy. Return turnips to pan and stir to coat well.)

Add turnip greens to skillet and cook over medium heat, stirring occasionally, until just wilted, 2–3 minutes. Season with salt.

Shaved Turnip and Radish Salad with Poppyseed Dressing

Adapted from Splendid Table (www.splendidtable.com)

Serves 4

This is a great salad to make with this weeks box!

Ingredients:

¼ cup EVOO

2 Tbs apple cider vinegar

Grated zest of 1 organic lemon

1 tsp Dijon mustard

½ shallot, diced

1 Tbs poppy seeds

1 tsp raw honey or pure maple syrup

Fine sea salt

2 turnips, peeled, tops removed

4 medium radishes, tops removed

1 small bunch watercress

1 bunch asparagus, as young as possible

3 Tbs minced fresh chives

Directions:

Whisk the olive oil, vinegar, lemon zest, mustard, shallot, poppy seeds, honey, and a pinch of salt together in a small bowl.

Using a mandoline, slice the turnips and radishes into thin translucent rounds. Put them in a large bowl and add the watercress. If the asparagus are large, slice them in half and add them to the bowl. Pour the dressing over and fold gently to combine.

Season with more salt if needed, arrange on plates, and sprinkle with the chives before serving.