

SLF Week Nine 2021 Recipes

Roasted Chicken with Clementines and Arak (uses FENNEL)

Orange and Fennel Salad

Chili Lime Corn

Grilled Parmesan, Garlic and Basil Corn on the Cob

Cold French Lentil and Kohlrabi Salad

Kohlrabi Slaw

Creamy Potato Salad with Lemon and Fresh Herbs

Rosemary Potato Skillet with Bacon and Fresh Corn

Grilled Parmesan Potatoes and Carrots

Pickled Banana Peppers

Pickled Peach Salad

Grilled Balsamic Peaches

Peach Blackberry Crumble

Roasted Chicken with Clementines and Arak (uses FENNEL)

Adapted from Yotam (www.tastecooking.com)

Serves 4

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.

Chili Lime Corn

Adapted from Cupcakes and Kale Chips (www.cupcakesandkalechips.com)

Total Time ~20 minutes

Serves 4

This is a simple dish thats creamy and crunchy...and smoky and spicy!

Ingredients:

4 ears sweet corn, shucked

1 Tbs butter or olive oil

Juice of 1 lime

½ tsp sea salt

Fresh pepper

1 tsp chili powder, more to taste

1 tsp ground cumin

½ cup crumbled feta or cotija cheese

Directions:

If your corn is uncooked, place over a medium-high grill for 8-12 minutes, or until slightly charred. You can also use leftover cooked corn, or just boil it, but the corn charred on the grill give it some more smoky flavor.

Cut the kernels from the corn and place in a bowl.

Add the remaining ingredients, except the feta, and toss to combine well.

Add the feta and toss gently.

Place in a ceramic or glass baking dish or individual ramekins.

Heat the corn through to slightly melt the cheese over the grill or in the oven (this can be done either way, or at any temperature, based on what else you are cooking)

Grilled Parmesan, Garlic and Basil Corn on the Cob

Adapted from Culinary Ginger (www.culinaryginger.com)

Total Time 30-35 minutes

Serves 4

I'm loving the sweet corn! I haven't tried this recipe yet myself, but it was shared with me as someone's favorite way to eat sweet corn. I can't wait to try it!

Ingredients:

1 bulb garlic, very top cut off to expose cloves

1 tsp olive oil

4 ears of corn, husks pulled back or removed

3 Tbs plus 4 Tbs unsalted butter, softened

½ tsp sea salt

¼ tsp ground black pepper

¾ cup Parmesan cheese, grated

2 tsp fresh basil, finely chopped

Directions:

Preheat grill on high.

Drizzle the garlic bulb with oil and wrap in aluminum foil. Brush 3 tablespoons of butter all over corn cobs.

Add the garlic to the grill 15 minutes before the corn. Add the cobs to the grill and grill until each side gets a nice char, turning often and checking so they don't burn. About 15 to 20 minutes. Remove both the corn and the garlic.

Cover the corn with foil to keep warm while you make the butter. Open the foil to allow the garlic to cool so you can handle it.

To a bowl add the 4 tablespoons softened butter, the cooled garlic cloves, salt and pepper. Mash and mix well.

To a shallow bowl add the Parmesan cheese and basil, mix well. Spread the butter all over the corn cobs, then sprinkle on the Parmesan and basil.

Cold French Lentil and Kohlrabi Salad

Adapted from Just a Little Bit of Bacon

Prep Time ~10 minutes Cook time ~20 minutes

Serves 4

Ingredients:

Salad:

1 cup French lentils

1 Tbs kosher salt

1 bay leaf

1 medium kohlrabi

1 medium carrot

2 green onions, or one spring onion

¼ cup fresh chopped parsley

¼ cup chopped walnuts

3 oz goat cheese

Salad Dressing:

4 Tbs EVOO

2 Tbs lemon juice

1 clove garlic, finely minced

¼ tsp cumin

kosher salt and black pepper, to taste

Directions:

Bring a medium pot of water to a boil. Add the lentils, salt, and bay leaf. Lower the heat to a simmer and cook for 20 minutes, or until the lentils are tender but not falling apart. Drain and blot dry and then transfer them to a medium bowl.

While the lentils are cooking, prepare the rest of the salad. Peel the kohlrabi, making sure to remove any tough or woody parts, and cut it into 1/2 inch dice. Scrub the carrot and cut it into 1/2 inch dice as well. Thinly slice the green onions right up into the dark green.

Heat the oven to 350F. Spread out the walnuts on a baking sheet and toast them for 5 minutes.

Add the kohlrabi, carrots, green onions, and parsley to the bowl with the lentils.

Mix together the dressing ingredients. Toss the salad with the dressing and then top with the toasted walnuts and crumbled goat cheese.

Recipe Notes from the Author:

If you have very young and tender kohlrabi, you may not need to peel it completely. However, I have always peeled them since it can be hard to tell what parts are woody until you've started using the paring knife.

French lentils are also called green lentils or Le Puy lentils. When you are looking for them you may see them under those names. If you can't find them at the store, you can order them on-line.

I have seen some recipes which call for a longer cooking time for French lentils (around 40 minutes). All I know is that 20 minutes has always worked for me. Test your lentils at 20 minutes - if they are still too firm, give them some more time. I would check every 5 until

Kohlrabi Slaw

Adapted from Bon Appetit (www.bonappetit.com)

Total time ~ 25 minutes

Serves 4-6

Kohlrabi slaw is a favorite in our CSA group! It's such a great way to enjoy this crispy veggie! Make this ahead and let the flavors marinate overnight.

Ingredients:

6 cups kohlrabi -cut into matchsticks or grated in a food processor -about three x 4 inch bulbs (or you could substitute sliced fennel, apple, jicama, cucumber, or cabbage for part of the kohlrabi for more diversity)

½ cup chopped cilantro (one small bunch)

half of a jalapeno –minced

¼ cup chopped scallion

orange zest from one orange, and juice

lime zest from one lime, and juice

Dressing:

¼ cup olive oil

¼ cup fresh orange juice (juice from one orange)

1/8 cup lime juice plus 1 Tbs (juice from one large lime), more to taste

¼ cup honey

½ tsp kosher salt

1 Tbs rice wine vinegar

Directions:

Trim and peel kohlrabi. (I normally have to peel twice to get thru the thick skin). Cut off two ends. Cut in half from top to bottom. Thinly slice, rotate and slice again, making 1/4 inch matchsticks.

Place in large bowl with chopped cilantro, scallions, finely chopped jalapeño (1/2), lime zest and orange zest.

Whisk dressing together in a small bowl. Toss with salad. Refrigerate until serving. Garnish with zest and cilantro. This tastes good the next day too

Creamy Potato Salad with Lemon and Fresh Herbs

Adapted from Epicurious (www.epicurious.com)

Serves 8

You could definitely adjust this recipe pending how many potatoes you have, or what fresh herbs you have on hand.

Ingredients:

3 pounds baby red potatoes
3 T unseasoned rice vinegar
 $\frac{3}{4}$ cup mayonnaise
3 medium green onions, thinly sliced
1 celery stalk, cut into 1/3-inch cubes
 $\frac{1}{4}$ cup chopped fresh parsley
 $\frac{1}{4}$ cup chopped fresh basil
2 T chopped fresh dill
1 $\frac{1}{2}$ tsp finely grated lemon peel

Directions:

Bring potatoes to boil in large pot of water. Reduce heat to medium-low and simmer until potatoes are tender, about 17 minutes. Drain; let stand until cool enough to handle, about 20 minutes.

Cut potatoes into 3/4-inch pieces. Place 1 layer of potatoes in large bowl; sprinkle with some of vinegar and salt and pepper.

Continue layering potatoes with vinegar, salt, and pepper. Add all remaining ingredients; toss. Season with salt and pepper.

Let chill in the refrigerator, best made ahead.

Rosemary Potato Skillet with Bacon and Fresh Corn

Adapted from Bare Feet in the Kitchen (www.barefeetinthekitchen.com)

Serves 6

This is amazing with eggs for breakfast or as a side to dinner!

Ingredients:

3 medium red potatoes thinly sliced into bite-size pieces
3 ears of corn kernels removed
4 slices of bacon cooked and chopped into 1-inch pieces
2 scant Tbs finely chopped fresh rosemary
Kosher salt to taste
Freshly ground black pepper to taste
2 Tbs olive oil or coconut oil
Optional: top with chopped caramelized onions

Directions:

In a large skillet, warm the oil over medium-high heat. Add the potatoes and stir to coat. Season them generously with salt and pepper. Let them cook undisturbed for a few minutes and then toss to cook the other sides of the potatoes.

Continue cooking until the potatoes are softened and beginning to brown, this should take about 10-20 minutes, depending on the thickness of your potato slices.

Add the corn to the potatoes in the skillet and cook, stirring as needed, until tender and still crisp. Remove from the heat and add the bacon and fresh rosemary.

Taste and adjust seasonings as desired. If you have caramelized onions in the freezer, chop up a tablespoon or two and warm them before sprinkling them on top of your plate. Enjoy!

Grilled Parmesan Potatoes and Carrots

Adapted from Pillsbury (www.pillsbury.com)

Total time ~60 minutes (including cook time)

Serves 2

Foil packs are a great way to keep the heat outside! Cook that entire meal on the grill!

Ingredients:

4 small red potatoes (about ½ pound), unpeeled, cut into 1- 1 ½ inch pieces (about 1 ½ cups)

¾ cup chopped carrots

1 ½ T butter

¼ tsp Italian seasoning

¼ tsp pepper

¼ tsp salt

1 ½ T fresh parmesan cheese

1 T chopped fresh chives

Directions:

Heat gas or charcoal grill. Cut 18x12-inch sheet of heavy-duty foil. Place potatoes and carrots on center of foil sheet. Drizzle with butter.

Sprinkle with Italian seasoning, peppered seasoned salt and cheese; stir slightly to mix and coat vegetables. Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion.

Place packet, seam side up, on grill over medium heat. Cover grill; cook 35 to 40 minutes or until vegetables are tender.

Open packet carefully to allow steam to escape. Sprinkle with chives.

Easy Pickled Banana Peppers

Adapted from The Country Cook (www.thecountrycook.com)

Total time ~ 25 minutes

Great way to enjoy these on sandwiches and salads for months!

Ingredients:

2 cups white vinegar

2 cups apple cider vinegar

1 cup sugar

1 tsp mustard seed

1 tsp celery seed

1 lb banana peppers tops removed then sliced into rings (see notes below)

Directions:

Bring the vinegar, sugar, mustard seed and celery seed to a rolling boil.

Pour brine over peppers to within ½" of the top.

Wipe off the rim and put lid and ring on.

Leave for 1 week or longer to let peppers marinate (if you can wait that long!)

You can also follow proper canning procedures and then process them in a water bath canner if you prefer. Follow the USDA guidelines for proper sterilization and timing. Be sure to verify that the lids have completely sealed down if storing on the shelf.

Pickled Peach Salad

Adapted from Southern Living (www.southernliving.com)

Total time ~4 hours

Makes 4 servings

I've heard great things about this "retro" salad, especially how pretty it looks on your table!

Ingredients:

½ cup sugar

½ cup light corn syrup

2 Tbs cider vinegar

1 cup water

2 whole cloves

1 ½ envelopes (1 Tbs) unflavored gelatin

½ cup cold water

2 cups sliced peaches, drained

Directions:

In a saucepan bring sugar, corn syrup, vinegar, 1 cup water, and cloves to a boil over high heat, then lower heat and simmer 20 minutes.

Dissolve gelatin in 1/2 cup cold water. Remove cloves from syrup mixture and add gelatin; stir until dissolved. Add peaches.

Spoon into lightly greased (with cooking spray) 4-ounce molds, dividing fruit evenly. Refrigerate until set, 4 hours.

Unmold and serve on lettuce leaf.

Grilled Balsamic Peaches

Adapted from A Family Feast (www.afamilyfeast.com)

Makes ~3 cups

Such a savory way to enjoy those peaches! Make sure your peaches are ripe and not “too ripe.” If they are too ripe they will get mushy!

Ingredients:

1 cup balsamic vinegar

¼ cup molasses

1 Tbs freshly ground black pepper (you can add more or less based on your tastes but the pepper is really great against the other sweet flavors in this dish)

4 ripe peaches

2 Tbs oil

Directions:

In a small sauce pan, bring vinegar to a boil and reduce to a simmer. Simmer until reduced by half (15-20 minutes). Remove from heat and add molasses and black pepper.

Cut the peaches following the natural line that circles the fruit. Cut all the way down to the pit and just run the knife right around keeping the blade against the pit. Gently grab each half and twist in opposite directions. Then pop the stone out with a paring knife or a spoon.

Heat the grill to medium. Keep glaze warm so it does not harden up.

Brush each cut side with oil and place cut down on the grill. Grill for about 2 minutes and flip. Brush the cooked tops with the glaze and cook for about two more minutes. Remove to a platter and brush on more of the glaze.

Serve with extra glaze on the side.

Peach Blackberry Crumble

Adapted from The Yellow Table (www.theyellowtable.com)

Serves 8

A great way to enjoy those summer berries, a crumble! Sub in any berries you have!

Ingredients:

5 large peaches (~5 cups), sliced with skin on
2 pints fresh blackberries
¼ cup flour
1 tsp cornstarch
1 tsp vanilla extract
¼ cup sugar
1 tsp lemon zest
1 Tbs lemon juice
1 cup all purpose flour
½ cup old fashioned oats
6 Tbs brown sugar
½ tsp salt
½ tsp cinnamon
1 stick unsalted butter, cut into small pieces
½ cup chopped pecans

Directions:

Set a rack in the middle of the oven and preheat the oven to 350°F. Butter an 11x7x2-inch ceramic baking dish.

Toss the peaches, blackberries, flour, cornstarch, vanilla, sugar, lemon juice, and zest in a large bowl. Pour into the prepared dish.

In a separate bowl, stir together the flour, oatmeal, brown sugar, salt, and cinnamon. Add in the butter and rub into the dry ingredients with your fingers until pea-size lumps form. Add in the pecans with your fingers, squeezing to combine.

Sprinkle the crumble topping over the fruit mixture. Bake for 35 to 40 minutes or until bubbling and golden brown on top. Let cool slightly; serve with vanilla ice cream.

This can be made a day ahead and reheated in the oven (let come to room temperature before putting the dish in the oven – otherwise the dish could break).