

SLFarms CSA Week 6, 2021 Recipes

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Balsamic Glazed Grilled Sweet Onions

Adapted from Fine Cooking (www.finecooking.com)

Serves 2-4

Sweet, smoky and tangy! Lot's of flavor with this dish!

Ingredients:

2 lb. sweet onions

EVOO for grilling

1 cup balsamic vinegar

1 Tbs chopped fresh thyme leaves

½ tsp crushed pink peppercorns (optional)

½ tsp kosher salt; more to taste

Directions:

Peel and trim the onions. Cut them crosswise into 1/2-inch-thick slices. Insert a toothpick or poultry lacer horizontally halfway into each slice to hold the onion rings together.

Prepare a medium-low charcoal fire or heat a gas grill on medium low for 10 minutes. Brush the grill grate clean and wipe it with a paper towel dipped in oil. Brush both sides of the onion slices with olive oil and grill, covered, turning every 10 minutes, until very soft and well browned on the outside, 35 to 40 minutes total. (A little blackening is OK, but try not to char the onions.) Stack the onions on a large sheet of foil and wrap loosely. Set aside while you make the glaze.

Pour the balsamic vinegar into a small saucepan and add the thyme leaves, pink peppercorns (if using), and salt. Boil, uncovered, over medium-high heat until the vinegar has reduced to about 1/4 cup and has a syrupy texture, 8 to 10 minutes. Let cool briefly and season to taste with salt, if necessary.

Transfer the onions to a dish. Remove the toothpicks and any extremely charred layers, if necessary. If the balsamic glaze has thickened, reheat it gently until pourable. Pour the glaze over the onions and brush to distribute it evenly. Serve warm or at room temperature.

Vegan Double Chocolate Muffins

Adapted from Minimalist Baker (www.minimalistbaker.com)

Total Time 30 minutes

Makes 12 muffins

This recipe was a HOT one in our Facebook group the last few years! I'm sharing again incase you haven't seen it! Multiple people have made these and have been successful in gettings those picky eaters to eat those beets! I used regular eggs, milk and an all purpose GF flour and it turned out fantastic.

Ingredients:

2 flax eggs (or regular eggs)

1 cup SLF beet puree (or sub butternut squash, applesauce, or another hearty fruit puree)

¼ cup maple syrup (sub honey if not vegan)

⅓ cup brown sugar

¼ tsp sea salt

1 ½ tsp baking soda

¼ cup melted coconut oil or vegan butter (such as Earth Balance)

¼ cup unsweetened almond milk (or regular milk if not vegan)

½ cup unsweetened cocoa powder

1 ⅓ cups whole-wheat pastry flour (or unbleached all-purpose, I used an all purpose GF flour)

⅓ cup dairy-free semisweet chocolate chips + more for topping

Directions:

Roast, boil or steam beets prior to peeling. Peel and puree until smooth.

Preheat oven to 375 degrees and line 12 muffins with paper liners, or lightly grease.

Prepare flax eggs in a large mixing bowl and let rest for 5 minutes OR crack 2 eggs into large bowl.

Add beet puree, melted oil, maple syrup or agave, brown sugar, baking soda, salt and whisk for 45 seconds.

Stir in the milk and whisk once more.

Add cocoa powder and flours and stir with a spoon or spatula until just combined, being careful not to over-mix. If the batter appears too thick, add a touch more almond milk. But it should be quite thick and NOT pourable – rather, scoopable.

Lastly, stir in chocolate chips. Then divide batter evenly between muffin tins (should be enough for between 11-12) and sprinkle with a few more chocolate chips (optional but recommended).

Bake for 17-22 minutes or until a toothpick inserted into the center comes out clean. Let cool for a few minutes in the pan, remove from tins and let cool on a cooling rack.

Will keep covered for several days. Freezer for longer-term storage.

Beetroot and Feta Cheese Salad

Adapted from Scrambled Chefs (www.scrambledchefs.com)

Prep time 10 minutes, cook time 45 minutes

Serves 6

Beets and feta are a go to combination; this salad is fairly easy and has the perfect combination of what sweet and salty should be!

Ingredients:

4 medium beets

½- ¾ cup feta cheese

2 Tbs chopped parsley

Lemon Vinaigrette

For the Lemon Vinaigrette-

3 Tbs lemon juice

3 Tbs EVOO

2 garlic cloves- minced

½ tsp pepper

½ tsp salt (to taste)

Directions:

For Salad-

Boil the beetroot on medium heat for 45 mins or until it can be easily pierced through with a knife.

The skin will easily peel off. After removing the skin of the beetroots, chop the beetroot into cubes and do the same with the feta cheese.

Roughly chop the parsley.

Combine beetroot, feta cheese, parsley with the lemon vinaigrette and serve.

For Lemon Vinaigrette-

Mix all ingredients together in a bowl and whisk slightly.

Quick Pickled Beets and Onions

Adapted from The Spruce Eats (www.thespruceeats.com)

Prep time ~10 minutes, Cook time ~30 minutes

Serves 4

This is a quick pickle recipe, no heat needed. It's a great way to make your veggies last a few weeks and enjoy them on sandwiches, on top of salads, tacos and other dishes.

Ingredients:

For the Beets:

16 baby beets (unpeeled, tops trimmed)

For the Marinade:

2 medium red onions (julienned)

2 Tbs sugar

1/3 cup white vinegar

2 tsp salt

2/3 cup water

Directions:

Prepare the Beets:

Bring a large pot of salted water to a rolling boil. Add beets, reduce heat, and simmer until tender, 12 to 15 minutes. Drain the well.

When cool enough to handle, slip off the skin. Place beets in a nonreactive bowl and set aside.

Make the Marinade:

In a small saucepan, combine onions, sugar, vinegar, salt, and 2/3 cup water. Bring this mixture to a boil over high heat.

Simmer 5 minutes and make sure that the sugar and salt are fully dissolved into the water.

Quick Pickle the Beets:

Pour the hot marinade over beets, and then allow the beets to cool to room temperature.

Cover the beets well and refrigerate for several hours or overnight before serving. If you prefer, divide the beet and onion mixture into individual jars for gifts.

Store refrigerated for up to two weeks.

Spicy Peanut Cabbage and Chard Salad

Adapted from Honest Cooking (www.honestcooking.com)

Serves 2

Great way to sneak some extra greens in! Packed with flavor.

Ingredients:

1½ Tbs creamy peanut butter
1 Tbs rice vinegar
Juice from ½ lime
2 tsp toasted sesame oil
1 tsp tamari or soy sauce
½ tsp hot sauce
½ tsp grated ginger
½ tsp finely chopped garlic
3 Tbs water
½ cup thinly sliced purple cabbage
1 cup chopped Swiss chard greens
⅔ cup canned chickpeas
½ cup chopped red bell pepper
¼ cup shredded carrots
2 tsp sesame seeds

Directions:

In a bowl, whisk together the peanut butter, vinegar, lime juice, sesame oil, tamari, hot sauce, ginger, garlic, and water. Add the cabbage, kale, chickpeas, bell pepper, and carrots.

Toss to combine, then sprinkle sesame seeds on top.

Slow Cooked Swiss Chard and Potatoes

Adapted from Fine Cooking (www.finecooking.com)

Prep time ~10 minutes, Cook time ~25 minutes

Serves 6

Ingredients:

1 lb potatoes (about 3 medium), scrubbed and unpeeled

Kosher or sea salt

2 bunches Swiss or rainbow chard (about 1-1/2 lb.)

1/3 cup EVOO

3 large cloves garlic, lightly crushed

Directions:

Put the potatoes in a 4- to 5-quart pot with enough water to cover by 2 inches. Salt the water generously, and bring to a boil over medium-high heat. Boil until the potatoes are fork tender, 12 to 15 minutes. Drain and let cool.

Peel the potatoes, and quarter or cut into 2-inch chunks, depending on size.

Trim the tough ends from the chard and discard. Cut the stems from the leaves, then cut the stems into 2-inch pieces. Stack the leaves a few at a time, and cut them crosswise into 2-inch-wide strips.

Heat the oil and garlic in a 7-quart Dutch oven or similar large pot set over medium-low heat. When the garlic starts to sizzle, press down on it with the back of a wooden spoon or silicone spatula until fragrant, taking care not to let it brown.

Add the chard stems and cook, stirring occasionally, until they begin to soften, 5 to 7 minutes. In two batches, add the leaves, adding more to the pot as the first batch begins to wilt. Cover and cook until wilted, about 4 minutes. Stir in the potatoes and sprinkle with 1 tsp. salt.

Cover, reduce the heat to low, and let the vegetables stew in the juices released from the greens, stirring occasionally, until the chard has turned dark and is tender, about 25 minutes. Season to taste with salt, and serve hot or warm.

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.

Miso Roasted Turnips

Adapted from Foolproof Living (www.foolproofliving.com)

Total time ~ 20 minutes

Serves 4

This miso adds such a great flavor!

Ingredients:

2 pounds of Japanese turnips, rinsed and cut in half – green parts reserved

3 Tbs white miso paste, divided

3 Tbs olive oil, divided

coarse sea salt

freshly ground black pepper

Directions:

Pre-heat the oven to 425 degrees. Line a baking sheet with parchment paper. Set aside.

Whisk together the 2 tablespoons of miso paste and 2 tablespoons of olive oil in a bowl.

Spread the turnips on the prepared baking sheet. Drizzle it with the miso-olive oil mixture. Give it a toss to make sure that all turnips are coated with the mixture. Place in the oven and bake for 12-15 minutes making sure to rotate the turnips halfway through the baking process. When they come out of the oven, let them cool. Sprinkle them with a big pinch of black pepper. Taste for seasoning and add in some salt if necessary.

Meanwhile, rinse the green parts and roughly chop them up. Heat a tablespoon of olive oil in a large pan. Sauté the chopped greens until they are lightly wilted, 2-3 minutes. Stir in the rest of the miso paste and make sure that the green leafs are coated with the paste. Add in ¼ teaspoon freshly ground black pepper. Taste for seasoning and add in if necessary.

Transfer the warm greens in a large salad bowl. Spread the roasted turnips on top of the greens.

Serve immediately.

Parsley or Dill Garlic Butter

Adapted from Epicurious (www.epicurious.com)

Makes ~1/2 cup

Freezer Friendly

Not sure what to do with those herbs? Make an herb butter! This also freezes well.

Ingredients:

1 stick (1/2 cup) unsalted butter, softened
1/2 cup finely chopped fresh flat-leaf parsley or dill
2 Tbs minced shallot
2 Tbs fresh lemon juice
1/2 tsp minced garlic
1 tsp salt
1/4 tsp black pepper

Directions:

Purée all ingredients in a food processor until smooth.

Store in an airtight container or freeze for several months.

Plum Salad with Black Pepper and Parmesan

Adapted from Bon Appetit (www.bonappetit.com)

Serves 4

What a great way to use those plums!

Ingredients:

2 Tbs sherry vinegar or red wine vinegar

1 Tbs honey

½ tsp cracked black pepper, plus more

6 ripe red, black, and/or green plums, some thinly sliced, some cut into wedges

¼ cup shaved Parmesan or Pecorino, plus more for serving

2 Tbs EVOO

Flaky sea salt

Directions:

Stir vinegar, honey, and ½ tsp pepper in a medium bowl until honey is dissolved. Add plums to dressing and toss until coated.

Add ¼ cup Parmesan and gently toss again just to evenly distribute throughout salad.

Transfer plum salad to a shallow bowl. Top with more Parmesan, drizzle with oil, and season with salt and more pepper.

Beet and Berry Smoothie

Adapted from Blissful Basil (www.blissfulbasil.com)

Total time ~15 minutes

Serves 2

Beets can pack some nutrition and sweetness into any smoothie! Make sure you have a decent blender/food processor before attempting to blend raw beets! If you don't have a high powdered blender you can try grated them before blending.

Ingredients:

1 cup plant milk of choice or water*

1 frozen banana

1 small beet, washed, peeled, and cut into sixths**

1 cup fresh or frozen strawberries

1 cup fresh or frozen blueberries

Optional add-in: 1 Tbs hemp seeds

Directions:

Add all ingredients to a blender, and blend for 2-3 minutes or until smooth. This one can be a bit tricky to get moving in your blender, especially if you're using all frozen fruit. If you have a "pulse mode" on your blender, I recommend using that to get it started. Then, blend consistently until smooth.

Blueberry Raspberry Muffins

Adapted from Natasha's Kitchen (www.natashaskitchen.com)

Time ~ 30 minutes

Makes 12 muffins

Sub in or out any berries in this simple recipe, feel free to freeze those muffins to enjoy months from now!

Ingredients:

2 large eggs room temperature

1 cup granulated sugar

1 cup Greek yogurt (or sour cream)

½ cup oil

1 tsp vanilla extract

¼ tsp sea salt

2 cups all-purpose flour

2 tsp baking powder

½ cup strawberries hulled and diced

½ cup raspberries

½ cup blueberries

Directions:

Line a 12-count muffin tin with cupcake liners and preheat oven to 400°F. In a large mixing bowl, using an electric mixer, beat 2 eggs with 1 cup granulated sugar on high speed 5 minutes, or until thick and light in color.

Add 1 cup Greek yogurt, 1/2 cup oil, 1 tsp vanilla. Set mixer to low speed and mix just until combined.

In a small bowl, add 2 cups flour, 2 tsp baking powder and 1/4 tsp salt and whisk to combine. Using a hand held whisk, add flour mixture into the batter 1/3 at a time, stirring to incorporate with each addition. DO NOT OVERMIX or muffins will be dense.

Use a spatula to fold in 1 1/2 cups mixed berries, folding just until combined.

Divide batter into prepared muffin tin, filling to the top or until all of the batter is used up. Bake in the center of the oven at 400°F for 20-22 minutes or until tops are golden and a toothpick inserted into the center come out clean.

Transfer muffins to a wire rack to cool. Serve warm or at room temperature.

Lodi Apple Crisp

Adapted from Sugar Sunshine and Flowers (www.sugarsunshineandflowers.com)

Total time 45 minutes

This one is best out of the oven with some Knueven ice cream!

Ingredients:

Apples-

12-15 apples, Lodi variety recommended

2 tsp cinnamon or cinnamon and sugar mixture, optional

Crumb Topping-

½ cup sugar

¾ cup flour

1/3 cup cold butter, cut into ¼-inch squares

sparkling or turbinado sugar, optional

Directions:

Apples-

Clean, core, peel and thinly slice the apples. Place in 8-inch pie plate or 8-9 inch square pan. Sprinkle with cinnamon, if desired.

Crumb Topping-

In a small bowl, mix the sugar and flour. Add the butter, and using a pastry blender (or your fingers), cut in the butter until butter is the size of small peas.

Sprinkle the crumb topping over the apples and cinnamon, adding as much as you like. The Crumb Topping recipe is enough for crisps made in 2 pie plates or a 9 x 13 pan.

Sprinkle with decorating or turbinado sugar, if desired.

Bake at 375 degrees for 35 minutes, or until the apples are tender. You can check tenderness by sticking a fork into the apples. If you want the crisp to be more brown on top, broil it for a few minutes, watching it carefully.

Serve warm – extra delicious with scoop of ice cream on top! May want to add a drizzle of caramel syrup too! Enjoy!