

## **SLFarms CSA Week Four, 2022 Recipes**

Easy Swiss Chard  
Garlicky Swiss Chard and Chickpeas  
Tropea Onion Jam  
Spaghetti with Tropea Onions  
Glazed Hakurei Turnips  
Miso Roasted Turnips  
Kohlrabi Fries  
Kohlrabi Carrot Fritters with Avocado Cream Sauce  
Chimichurri Sauce  
Red Currant Jam  
Red Currant Crumb Bars  
Cherry Berry Crisp  
Blueberry Raspberry Muffins

## Easy Swiss Chard

Adapted from Simply Recipes

Total time ~15-20 minutes

Serves 2-4

The coriander seeds are optional in this recipe, but they are WONDERFUL with chard.

### Ingredients:

1 bunch SLF swiss chard

2 Tbs EVOO

1 clove garlic, sliced

Pinch of dried crushed red pepper

¼ tsp of whole coriander seeds (optional)

### Directions:

Prep the chard stalks and leaves: Rinse out the Swiss chard leaves thoroughly. Either tear or cut away the thick stalks from the leaves.

Cut the stalk pieces into 1-inch pieces. Chop the leaves into inch-wide strips. Keep the stalks and leaves separate.

Sauté garlic and crushed red pepper flakes: Heat the olive oil in a sauté pan on medium high heat. Add garlic slices, crushed red pepper, and coriander seeds (if using), and cook for about 30 seconds, or until the garlic is fragrant.

Add Swiss chard stalks: Add the chopped Swiss chard stalks. Lower the heat to low, cover and cook for 3 to 4 minutes.

Add the chopped leaves: Add the chopped chard leaves, toss with the oil and garlic in the pan.

Cover and cook for 3 to 4 more minutes. Turn the leaves and the stalks over in the pan.

If the chard still needs a bit more cooking (remove a piece and taste it), cover and cook a few more minutes.

Serve immediately.

## **Garlicky Swiss Chard and Chickpeas**

Adapted from Foodie Crush ([www.foodiecrush.com](http://www.foodiecrush.com))

Total time ~15-20 minutes

Serves 2-4

### **Ingredients:**

1 Tbs EVOO

2 bunch swiss chard, center stems cut out and discarded and leaves coarsely chopped

2 cups low-sodium chicken broth (or vegetable broth)

2 medium shallots, finely chopped (about ½ cup) 6 medium garlic cloves, minced

1 15.5 ounce can garbanzo beans (chickpeas), rinsed and drained

2 Tbs freshly squeezed lemon juice

Salt and freshly ground black pepper, to taste

½ cup crumbled feta cheese, optional

### **Directions:**

In a large skillet, heat 1 tablespoon of the olive oil over medium-high heat. Add half of the chard and cook, 1 to 2 minutes.

When the first half has wilted, add the remaining chard. When all of the chard is wilted, add the chicken broth.

Cover the skillet and cook the chard until tender, about 10 minutes. Drain the chard through a fine sieve (strainer) and set it aside.

Wipe out the skillet and heat the remaining 1 tablespoon olive oil over medium-high heat. Add the shallots and garlic and cook, stirring, until they are softened, about 2 minutes.

Add the chard and chickpeas and cook until heated through, 3 to 4 minutes.

Drizzle the lemon juice over the mixture and season with salt and pepper, to taste.

Sprinkle cheese on top just before serving, if desired.

## **Tropea Onion Jam**

Adapted from The Spruce Eats ([www.thespruceeats.com](http://www.thespruceeats.com))

Total time ~ 3 hours 30 minutes

Makes 5. ½ pints

This is one of the most common things to make with these onions, it's served like a chutney (usually alongside cheeses or roasted meats). You'll have to adjust the recipe depending on how many onions you have.

### **Ingredients:**

2 ¼ lbs Tropea onions

¾ lb sugar (granulated)

2 bay leaves

2 to 3 cloves garlic

1 bottle red wine (good quality)

¼ lb raisins

### **Directions:**

Gather the ingredients.

Peel the papery skins off the onions. Slice the onions in half pole-to-pole, and slice thinly crosswise. Combine the sliced onions with the sugar, bay leaves, cloves and wine in a large, non-reactive pot. Cover, and refrigerate overnight.

The next day, place the pot over medium-high heat. Add the raisins. Bring the mixture to a boil, then reduce the heat to medium and cook, stirring occasionally to prevent scorching, until most of the moisture evaporates and the jam thickens; this can take two or three hours. The jam is ready when it mounds on a spatula and liquids do not run freely.

Pour the jam into clean jars. Allow to cool to room temperature and store in the refrigerator for up to three weeks, or in the freezer for up to three months.

## Spaghetti with Tropea Onions

Adapted from Academia Barilla ([www.academiabarilla.com](http://www.academiabarilla.com))

Serves 4

This came as a recommended recipe from a member last year! This recipe goes a lot by taste, you can use your skills! Just read through the recipe before beginning.

### Ingredients:

1 lb spaghetti

12 Tropea onions

1 red pepper

1 sprig basil

1 ladle tomato sauce

Grated Parmigiano Reggiano cheese

EVOO

Salt and pepper

### Directions:

Peel the onions and cut into thin slices. Saute in olive oil. When the onion begins to turn golden, add the red pepper cut into pieces and the basil leaves (torn up by hand).

After a few minutes, thin out the sauce with a little water and tomato sauce. Adjust the salt.

Cook the spaghetti in a large pot of boiling salted water. Drain when al dente and add to the pan with the sauce.

Sprinkle with a good amount of grated Parmigiano Reggiano and freshly ground black pepper.

## **Glazed Hakurei Turnips**

Adapted from Epicurious ([www.epicurious.com](http://www.epicurious.com))

Makes 10 servings

Great template recipe for other types of root veggies!

### **Ingredients:**

3 bunches baby hakurei turnips, baby turnips, or red radishes, trimmed, greens reserved

¼ cup 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).

DO AHEAD: Can be made 4 hours ahead. Let stand at room temperature. Rewarm before continuing.

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](http://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 leaves 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.

---

## **Kohlrabi Fries**

Adapted from Rachel Ray ([www.rachelray.com](http://www.rachelray.com))

Serves 2

If you're looking for easy, you've found your kohlrabi recipe!

### **Ingredients:**

2 kohlrabi roots, stems and leaves removed

1 tsp EVOO

½ tsp ground cumin

½ tsp chili powder

### **Directions:**

Preheat oven to 425°F. Wash the kohlrabi, then use a sharp paring knife or good vegetable peeler to peel. Cut them into thin strips.

In a medium bowl, toss the kohlrabi fries with olive oil, chili powder and ground cumin, coating them evenly.

Spread the kohlrabi in a single layer on a baking sheet and bake for 25 minutes, flipping once, until they are soft and getting blistered and dark on the outside. Remove and eat warm.



## Kohlrabi Carrot Fritters with Avocado Cream Sauce

Adapted from A Couple Cooks ([www.acouplecooks.com](http://www.acouplecooks.com))

Makes 8 fritters

Fritters are a great way to use a large variety of veggies from your box!

### Ingredients:

Fritters:

2 kohlrabi

1 carrot

1 egg

¼ tsp kosher salt

¼ tsp cayenne

½ cup grapeseed or vegetable oil (enough for ¼-inch depth in a large skillet)

For the avocado cream

½ avocado

¼ cup plain yogurt

½ lemon

¼ tsp kosher salt

Green onions (for garnish)

### Directions:

Cut the leaves off the kohlrabi and peel the bulb. Peel 1 carrot. Shred the vegetables in a food processor, or by hand using a grater. Squeeze the shredded vegetables in a tea cloth (or with your hands) to remove moisture, then add to a medium bowl with the egg, kosher salt, and cayenne. Mix to combine.

Place the oil in a large skillet (enough for ¼-inch depth). Heat the oil over medium high heat, then place small patties of the fritter mixture into the oil. Fry on one side until browned, then fry on the other side. Remove and place on a plate lined with a paper towel to drain excess oil.

For the dipping sauce: Remove the avocado pit and scoop out the flesh with a spoon. In a small bowl, mix the avocado, plain yogurt, lemon juice, and kosher salt to make the avocado cream (or blend the ingredients together in a food processor).

To serve, slice the green onions. Serve fritters with avocado cream and green onions. Note: These fritters are best eaten warm the day of making; they don't save well. Like anything made with avocado, the avocado cream sauce will become brown after exposure to air. Make sure to cover the surface with plastic wrap when storing.

## **Chimichurri Sauce**

Adapted from Chef John on All Recipes ([www.allrecipes.com](http://www.allrecipes.com))

Total Time ~ 15 minutes

This is a great sauce to make ahead and use on grilled meats!

### **Ingredients:**

½ cup EVOO

4 garlic cloves, chopped

3 Tbs white wine vinegar, or more to taste

½ tsp salt

¼ tsp cumin

¼ tsp red pepper flakes

¼ tsp fresh black pepper

¼ cup fresh oregano leaves

1 bunch parsley, stems removed

### **Directions:**

Combine the oil, garlic, vinegar, salt, cumin, red pepper flakes, black pepper, cilantro, oregano and parsley in a blender.

Pulse blender 2 to 3 times; scrape down the sides using a rubber spatula. Repeat pulsing and scraping process until a thick sauce forms, about 12 times.

## **Red Currant Jam**

Adapted from The Spruce Eats ([www.thespruceeats.com](http://www.thespruceeats.com))

Total time ~35 minutes

Makes 2 pints

### **Ingredients:**

1 quart ripe red currants

2 ¼ cups sugar

¼ cup water

### **Directions:**

Gather the ingredients.

Wash the currants and remove them from their stems.

Place red currants and water in a large, non-reactive pot. Gently crush the currants with a potato masher.

Add the sugar and cook the mixture over medium-low heat, stirring constantly to dissolve the sugar. Once the sugar is completely dissolved, raise the heat to high and boil, stirring often, until the jam reaches the gel point.

Remove the red currant jam from the heat and skim off any foam that has formed on the surface. Ladle the hot jam into washed and sterilized jars leaving 1/4 to 1/2-inch headspace. Screw on canning lids. You can simply allow the jars to cool and then store them in the refrigerator for up to 3 months.

## Red Currant Crumb Bars

Adapted from Katie at the Kitchen Door ([www.katieatthekitchendoor.com](http://www.katieatthekitchendoor.com))

Makes 16

Crumb bars are a great go to for any berry this time of year!

### Ingredients:

½ cup plus 2/3 cup sugar

3 cups fresh red or white currants, washed and removed from their stems

1 Tbs cornstarch

2 cup flour

1 tsp baking powder

¼ tsp salt

1 1/3 sticks salted butter, cut into cubes and chilled

1 egg

### Directions:

Gather the ingredients.

Preheat the oven to 375°F. Grease an 8×8 or an 11×7 inch cake pan and set aside.

In a large bowl, gently stir together 1/2 cup of the sugar, the currants, and the cornstarch, until currants are coated with the sugar mixture.

In a separate large bowl, whisk together the remaining 2/3 cup of sugar, the flour, the baking powder, and the salt until evenly combined. Add the chilled butter cubes and the egg, and use a pastry cutter or a fork to blend the butter and egg into the flour. When finished, dough will be crumbly with pea-sized chunks of butter.

Press 2/3 of the dough into the prepared pan. Top with the currants. Clump the remaining dough together into a loose ball, then crumble it over the top of the currant mixture. Bake for 35-45 minutes, until currants are bubbly and top of crust is golden brown

## Cherry Berry Crisp

Adapted from Food ([www.food.com](http://www.food.com))

Time ~ 40 minutes

Serves 8

Use any combination of berries in this favorite crisp!

### Ingredients:

Crisp:

2 cups blueberries

2 cups raspberries

2 cups cherries

2 Tbs brown sugar

1 Tbs all purpose flour

1 Tbs fresh lemon juice

Topping:

2/3 cup all purpose flour

1/2 cup packed brown sugar

1/2 cup oats

3/4 tsp ground cinnamon

4 1/2 Tbs chilled butter, cut into small pieces

### Directions:

Preheat oven to 375°.

Combine first 6 ingredients in a medium bowl; spoon into an 11 x 7-inch baking dish.

Lightly spoon flour into a dry measuring cup, and level with a knife. flour, brown sugar, oats, and cinnamon, and cut in the butter with a pastry blender or in food processor until the mixture resembles coarse meal. Sprinkle over the blueberry mixture.

Bake for 30 minutes or until bubbly. Top each serving with 1/4 cup frozen yogurt.

## Blueberry Raspberry Muffins

Adapted from Natasha's Kitchen ([www.natashaskitchen.com](http://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.