

RECIPES

QUAIL HILL FARM E-News, No. 3, late August 2011

compiled and edited by Jane Weissman

BEETS

GOLDEN BEET and FENNEL SAUTÉ with ANISE-HYSSOP

from Heart of Cooking

Trim and scrub (removing all hairs) **3 golden beets**, medium-large, and cut them into ½" cubes. In a large skillet, add **1-2 Tbs. olive oil** and heat to medium heat. Add the beets, cover and cook, stirring occasionally, until the beets start to "sizzle." Reduce heat to just above low and cook 10–15 minutes, or until you can insert a fork into a beet but it is still firm. Add the fennel. Remove end and trim stalks of **3 fennel bulbs**. Cut bulbs lengthwise and slice across into smallish pieces. Cut usable **stalks and fronds** into ½" slices. Add ½ c. **anise-hyssop**, chopped, to the beet/fennel mix, **salt** to taste, and continue cooking until desired doneness.

CABBAGE

CABBAGE SALAD WITH APPLES & WALNUTS

from *Chez Panisse Fruit* by Alice Waters

Remove and discard tough outer leaves of **1 Savoy cabbage**. Cut it in half, remove core and slice crosswise into a fine chiffonade. Toast **1/3 c. walnuts** in 375°F oven for 8 minutes. When cool put them in a towel and rub off as much skin as possible to remove any bitterness, then chop or coarsely crumble. For the dressing, mix **2 Tbs. cider vinegar** with **1 Tbs. lemon juice**, some **salt**, and **pepper**. Whisk in ½ c. **olive oil** and then **2 Tbs. crème fraîche** (or heavy cream). Quarter, peel, and core **2 apples** (a crisp variety like Branny Smith or Fuji). Slice quarters lengthwise fairly thin and cut these slices lengthwise into a julienne. Toss the cabbage, apples, and walnuts with the dressing and an extra pinch of salt. Let the salad sit for 5 minutes, taste again, adjust the seasoning and serve.

EGGPLANT

EGGPLANT PARMESAN DECONSTRUCTED

contributed by **Barbara DiLorenzo**, recipe by Melissa Clark from the *New York Times*

Season **1 large eggplant**, sliced into ¼-inch-thick rounds, with salt. Add **olive oil** to cover bottom of large skillet and fry slices (in a single layer) over medium-high heat about 4 minutes to a side. Add oil if needed for next batch of eggplant. Transfer eggplant to a paper towel-lined plate. Let the skillet cool for a few minutes. Return it to medium heat and add **3 Tbs. olive oil**. Smash and peel **4 garlic cloves** and add them to the skillet; cook until golden and fragrant, about 2 minutes. Add **4 c. cherry tomatoes**, halved, and **4 sprigs oregano**. Cook, breaking up the tomatoes with the back of a spatula, until tomatoes start to form a sauce, 15 minutes. Add **3 basil sprigs** and **4 Tbs. Parmesan**, finely grated, and simmer 5 minutes longer. While the sauce simmers, in a small skillet over medium heat, warm **1 Tbs. olive oil**. Mince **1 garlic clove** and add to the skillet with ¼ c. **panko bread crumbs**. Toast, stirring, until bread crumbs are just golden, about 2 minutes. Remove from heat and stir in **1 Tbs. Parmesan** and a pinch of **salt**. Arrange eggplant on a large platter. Spoon dollops of **1/3 c.**

ricotta over the eggplant and top with sauce. Scatter bread crumbs over sauce. Top with shavings of **2 oz. mozzarella**, and garnish with torn basil leaves. Drizzle with oil and serve. Serves 6 as side dish

GRILLED EGGPLANT SALAD

contributed by **Barbara DiLorenzo**, recipe by Melissa Clark from the *New York Times*

Heat grill to medium high or oven to 400°F. Prick **1 large eggplant** all over with a fork and cook, turning occasionally, until eggplant is very soft and skin is blistered, about 15 minutes. When cool enough, scoop out the insides and coarsely chop. Transfer to a bowl and toss with **1 plum tomato**, diced, **1½ tsp. red wine vinegar**, **½ tsp. kosher salt**, **½ tsp. oregano**, chopped, and **2 garlic cloves**, finely chopped. Stir in **3 Tbs. olive oil**, **3 Tbs. parsley**, chopped. Season with **black pepper** and more salt, if needed. Optional garnish: **2 Tbs. capers**.

GARLIC

GARLIC SOUP

contributed by **Dorothy Roskam**, from *The New York Times*

Peel and slice or roughly chop **2 heads garlic** (about 16 medium cloves). Warm **2 Tbs. olive oil** in a heavy soup pot over medium heat. Add the garlic and **12 sage leaves** and let them sizzle a bit without browning, about 2 minutes. Season with about **1 tsp. salt** and a few grinds of **pepper**. Add **6 c. water** and bring to a boil over high heat, then lower to a brisk simmer. Cook for 10-15 minutes. Adjust seasoning. Ladle about an inch of soup into a skillet. Over medium heat, bring to a brisk simmer and, for each serving, poach **1 egg** for about 3 minutes. Place a toasted slice of day-old **French bread** in each soup bowl and top with an egg and the soup. For garnish, sprinkle with **chopped parsley**, **scallions** or **chives**. Serves 4 to 6.

SLOW ROASTED GARLIC MOJO

contributed by **Sarabelle Prince**, from *Mexico—One Plate at a Time (Season 7)*

Break apart **2 heads garlic** and remove skins (a fist against the side of a knife works well). Combine cloves with **1 c. fruity olive oil** and **½ tsp salt** and place in small baking dish so garlic is completely submerged. Bake in oven preheated to 325°F and bake 45-55 minutes, until garlic is soft and lightly brown. Add **¼ c. lime juice** and continue baking 20 minutes longer for garlic to absorb lime and turn golden brown. Mash garlic into coarse puree. Pour mixture into container and refrigerate. Lasts up to three months as long as the garlic stays submerged under the oil.

OKRA

GRILLED OKRA

contributed by **Elaine Altman**, from the Food Network)

Place **1 tsp kosher salt**, **1 tsp sweet paprika**, **1 tsp sugar**, **1 tsp ground coriander**, **½ tsp black pepper**, **½ tsp cayenne pepper**, and **¼ tsp celery seed** in small bowl and stir to mix. Rinse and dry **1 lb. okra** (3-4 inches in length) and trim the tips off the stem ends, not cutting into the pods. Place the okra in a large mixing bowl and toss with **1 Tbs. olive oil** (or melted unsalted butter). Cook on grill preheated to high until nicely browned, about 2 to 4 minutes per side

FRIED OKRA

contributed by **Jane Weissman**

Make a *pastella* by pouring $\frac{1}{2}$ c. **water** in a bowl and adding enough **flour** to achieve a yogurt-like consistency. Add **black pepper**, **hot pepper flakes**, and lots of **chopped parsley**. Wash and trim small pods of **okra**. Drip pods into the *pastella* and fry in very hot **canola oil** (375°F if using an electric frying pan). Remove, drain on paper towels, transfer to platter and sprinkle with **salt**. Note: Zucchini sticks, squash blossoms, and sage buds (+ 2 sets of leaves) can be prepared the same way.

CURRIED OKRA WITH CHICKPEAS

contributed by **Jane Umanoff** and **Bo Parsons**

Saute **1 onion**, chopped and **3-4 cloves garlic**, minced, in **3 Tbs. olive oil**. Add $\frac{1}{4}$ tsp. **curry powder**, $\frac{1}{4}$ tsp. **ground cumin**, **pinch cayenne** and **pinch Turmeric**. Sauté for 1 to 2 minutes. Add **4 tomatoes**, chopped, and **1 lb. okra** (approx. 3 inches long, washed, stems trimmed). Bring to a boil. Lower heat, add **salt** and **pepper** to taste, adjust spice seasonings, and simmer for 20 minutes. Add **1 can chickpeas** and cook a few minutes more. Serves 4 to 6.

PEPPERS

ROASTED RED PEPPER SPREAD

contributed by **Linda Lacchia**, thanks to **Rick Bogusch** of Bridge Garden

Toast **1 c. walnuts** in skillet over medium heat until they are fragrant, about 5 minutes. When cool, put them in a towel and rub off as much skin as possible to remove any bitterness. In a food processor, combine nuts with 12 oz. jar of **roasted red peppers** (drained, rinsed and patted dry), $\frac{1}{8}$ tsp. **cayenne pepper**, $\frac{1}{4}$ c. **plain crackers**, coarsely ground, **3 Tbs. lemon juice**, **1 Tbs. molasses**, **1 tsp. honey**, $\frac{1}{2}$ tsp. **ground cumin**, $\frac{3}{4}$ tsp. **salt**, and **2 Tbs. olive oil**, and pulse until smooth (about 10 pulses, 1 second each). Chill for at least 30 minutes before serving.

HYSSOP-BAKED PEPPERS

from www.splendidtable.com, reprinted from *Jekka's Herb Cookbook* by Jekka McVicar

Halve **4 red peppers** lengthways. Remove and discard the white core and seeds, then lay the peppers, cut side up, in a greased baking dish. Finely slice **3 cloves garlic** and put a few slices in each halved pepper, together with a little **salt**, a pinch of **hyssop leaves** and **1 Tbs. oil**. (If you are using anchovies in olive oil, use this oil, as it adds extra flavor.) Halve **16 cherry tomatoes** and tuck them into the peppers. Bake in preheated oven at 400°F until the peppers have almost collapsed and are full of juice. If in oil, drain, dry, and roughly chop **8 anchovy fillets** (if in brine, rinse and dry them) and divide them among the peppers. Cook 10 minutes longer, then serve.

POTATOES

ROASTED SMASHED POTATOES

contributed by **Barbara Dilozeno**, from America's Test Kitchen

Wash and arrange **2 lb. potatoes** (about 18, no bigger than 1½-2 inches in diameter) on rimmed baking sheet. Pour $\frac{3}{4}$ c. **water** into baking sheet, and wrap tightly with aluminum foil. Cook on

bottom rack in 500°F oven, about 25 to 30 minutes, until paring knife easily slips in and out of potatoes (poke through foil to test). Remove foil and cool 10 minutes. If any water remains on baking sheet, blot dry with paper towel. Drizzle **3 Tbs. olive oil** over potatoes and roll to coat. Space potatoes evenly on baking sheet and place second baking sheet on top; pressing down firmly to flatten potatoes until 1/3 to 1/2 inch thick. (A potato masher can be used instead.) Sprinkle with **1 tsp. thyme** leaves and season generously with **salt** and **pepper**. Drizzle potatoes with additional **3 Tbs. olive oil**. Roast potatoes on top rack of oven for 15 minutes. Transfer to bottom rack and continue to roast until well browned, 20 to 30 minutes. Serve immediately—they will toughen if left too long. Serves 4-6.

STRING BEANS

GREEN BEANS WITH PARMIGIANO & GREMOLATA (parsley, garlic, lemon zest & olive oil)
from Lynne Rossetto Kasper, www.SplendidTable.com

Lightly film the bottom large skillet with **olive oil** and sauté **3 lb. beans**, seasoned with **salt** and **pepper**, over medium-high heat or until the beans begin to brown. (You might need 2 pans.) Add **1/2 c. water** to pan. Cover pan and Turn the heat to medium-low. Cook the beans until desired tenderness. Uncover pan and cook off any liquid and turn beans into a serving bowl and toss with gremola and coarsely-grated **Parmigiano-Reggiano cheese**. For the gremolata: simmer **5 cloves garlic**, crushed, in **1/3 c. water** for 1-2 minutes. In a food processor, mince the garlic (with its liquid), shredded **zest of 2 lemons**, and **1 c. Italian parsley**, leaves, tightly packed. Add **salt** and **pepper** to taste.

SWISS CHARD

EGG NOODLE, CHARD, AND FONTINA TORTE
contributed by **Linda Lacchia**, from *Gourmet Magazine*

Cook **2 lb. Swiss Chard** in a 5-6 quart pot of salted water until just tender, about 3 minutes. Transfer to a sieve set over a bowl. Reserve cooking water. Press hard on chard to extract as much water as possible, then chop. Cook **1 large onion**, halved lengthwise, then cut lengthwise into 1/4-inch slices, in **3 Tbs. olive oil** in a 12-inch heavy skillet set over moderate heat, stirring occasionally, until softened and golden brown, about 15 minutes. Add **2 cloves garlic**, finely chopped, and cook, stirring, 1 minute. Stir in chard, **1/2 tsp. salt** and **1/4 tsp. black pepper** and remove from heat and Cool to warm. Return cooking water to pot and bring to a boil. Add **1/4 lb. dried egg fettuccine** and cook, uncovered, until *al dente*. Drain pasta and transfer to a large bowl and toss with **1 tsp. oil**. Mix **8 large eggs** with **1 c. whole milk** and **2/3 c. mascarpone (5 oz.)**, **3/4 tsp salt** and **1/4 tsp. pepper** and blend until smooth. Add the chard mixture and **1/2 lb. Italian fontina**, cut into 1/2 inch cubes, to the pasta. Stir in the egg mixture. Pour into a 9-9 1/2 inch spring form pan greased with oil and wrapped on the outside with aluminum foil and set into a shallow pan to catch drips. Pat down chard if necessary. Bake in oven preheated to 375°F, about 50 minutes to 1 hour, until just set and top is golden brown. Cool pan on rack for 10 minutes, then run sharp knife along inside edge and gently remove torta. Serve hot or warm. Serves 8.

TOMATOES

FRESH PEACH (& TOMATO) SALSA

adapted from thecitycook.com

Dip **3 firm peaches** into boiling water. Remove, peel skins, halve, remove pits, and cut into chunks. Toss with **1 Tbs. lemon juice**. Dip **2 ripe tomatoes** into boiling water, then peel and seed them. Cut into chunks. Combine peaches and tomatoes. Add **1 medium red pepper**, minced, **1 jalapeno pepper**, chopped, and **3 Tbs. cilantro leaves**, coarsely chopped. Mix well. Whisk together **6 Tbs. olive oil**, **2 Tbs. sherry vinegar** and **½ Tbs. honey**. Pour over other ingredients and let salsa stand if using within several hours. Otherwise cover and refrigerate.

WATERMELON

WATERMELON AND TOMATO SALAD

Combine **3 c. watermelon**, cut in 1-inch chunks, with **2 c. tomatoes**, cut in 1-inch chunks. Add **¼ lb. Feta cheese**, cut into ½ inch dice, **1 small red onion**, minced, **basil leaves**, **1 tsp. lemon juice**, **1 tsp. red wine vinegar**, and **2 Tbs. olive oil**. Note: Equally good without the tomatoes.