

QUAIL HILL FARM E-NEWS

July 2008

RECIPES

BEETS

BEET SALAD

contributed by **Kathleen Masters**

Clean **2 lb. (4 – 6 medium) beets**. Cut off the root end, leave a little of the top. Drizzle with **olive oil** and a little **sea salt**, and wrap in parchment and then foil and roast at 400 degrees until fork tender, about an hour. Peel the beets and dice them in bite size pieces. Make a vinaigrette with **1/3 c. olive oil, 2 Tbs. lemon juice, 2 Tbs. red wine vinegar** and a **little salt**. Slice **3 shallots**. Mix the beets and shallots and toss with the vinaigrette. Serve over a mild lettuce such as Boston or bibb.

Editors note: Use **sherry vinegar** instead of wine vinegar and mix in fresh **basil** or **chives** before serving. Also, Alice Waters suggests dressing the beets first with the vinegar (and lemon juice) and letting them sit for ½ hour to absorb the flavor of the vinegar. She writes: The vinegar brightens and accentuates the beets' flavor; the oil should be added sparingly, for balance only. Try the beets in an **arugula** salad with thin slices of **goat cheese** and slightly **toasted walnuts**.

BEET AND FENNEL SALAD (*Remolachas al Anis*)

contributed by **Judy Freeman**

Cook **1 lb. beets**. Cool, peel and cut into ¾ inch cubes. Add **1 small onion**, chopped, and ½ **tsp. anise seeds**, crushed. Dress with a mixture of ¼ **c. olive oil** with **sherry vinegar, salt** and **pepper** to taste. Refrigerate for a day. Just before serving add **1 small fennel bulb**, coarsely chopped

CHILLED BEET SOUP WITH ORANGE CRÈME FRAÎCHE & DILL

adapted from *Fields of Greens* by Annie Somerville

contributed by **Jane Weissman**

Cook **3 lbs. beets**; cool, peel and cut into large pieces. Sauté **1 c. onion**, chopped, with ¼ **tsp. salt** in **1 Tbs. olive oil** over medium heat until tender, about 7 minutes. Add **3 garlic cloves**, finely chopped, and sauté 2 minutes more. Combine onions and beets in a blender or food processor. Add **1 to 2 c. water** and puree until smooth. Add **2 to 3 cups more water** to reach desired consistency, being careful not to make the soup too thin. Add ½ **c. fresh orange juice, 2 tsp. lemon juice, 2 tsp. sherry vinegar, 1 tsp. salt**, and a few grindings of fresh **pepper**. Serve chilled with a dollop of **crème fraîche** (adding **2 Tbs. orange juice** and ¼ **tsp. zest** per half cup), and garnished with fresh **dill**.

Variation: For a more traditional soup often enjoyed in the 1970s at the kosher restaurant on West 72nd Street, omit the orange and lemon juice and sherry vinegar. Add a cold boiled **potato**, cut into chunks. Top with diced **cucumber**, sliced **radishes** and **scallions, dill**, and a dollop of **sour cream**.

CUCUMBERS

CUCUMBER SALAD

contributed by **Hilary Leff**

Peel and slice **3 cucumbers** ¼ inch thick. Toss with ½ **red onion**, thinly sliced, a handful of **pitted Niçoise olives**, a chunk of **French feta cheese**, chopped **parsley**, **salt** and **pepper**. Drizzle on some really **good olive oil** and serve.

QUICK SWEET PICKLES

contributed by **Jane Weissman**

Slice **cucumbers** into ¼ inch slices and cover with a solution of 1 part **sugar** to 3 parts **white vinegar**. Let sit for 30 minutes or, for a stronger pickle, longer. Pour off solution and they're ready to eat. Garnish with fresh **dill**.

KALE

LACINATO KALE & RICOTTA SALATA SALAD

from *Gourmet*, January 2007

contributed by **Barbara DiLorenzo**

This hearty green, usually cooked, can be used raw to make a delicious salad. Cut ¾ to 1 lb **lacinato kale** (also known as Tuscan kale) crosswise into very thin pieces, discarding stems and center strips. Whisk together **2 Tbs. shallot**, finely chopped, **1½ Tbs. fresh lemon juice**, ¼ **tsp. salt**, and ¼ **tsp. pepper**. Add **4½ Tbs. olive oil** in a fine stream, whisking until combined well. Toss kale and **2 oz. or 1 c. ricotta salata**, coarsely grated, with enough dressing to coat well. Season with salt and pepper. Serves 6.

POTATOES

MASALA POTATOES

from Madhur Jaffrey

contributed by **Jane Umanoff**

Boil **5 medium potatoes**, about 1½ lbs, with skin on. When cool, dice into pieces 1 inch square. Put **fresh ginger**, a 2 inch piece, peeled and chopped, **3 garlic cloves**, roughly chopped, **3 Tbs water**, ¾ **tsp turmeric**, ½ **tsp. cayenne pepper**, **salt** and **pepper** into a food processor and blend until you have a paste. Heat **5 Tbs. olive oil** in a non-stick skillet. When hot, put in **1 tsp. whole fennel seeds** and **1 tsp. whole cumin seeds** and let them sizzle for a few seconds. Add the ginger-garlic paste and cook 2 minutes. Add the potatoes and cook over a medium heat fry for 5-7 minutes or until the potatoes have a nice golden-brown crust on them. Yum! Serves 4 to 6.

STRING BEANS

FASSOULAKIA (Greek String Beans)

contributed by **Sigun Coyle**

Cut **1 red onion** and **1 Vidalia onion** into thin slices and sauté them in **2 - 3 Tbs. olive oil** until translucent. Add **2 cloves garlic**, chopped, and **2 lb. string beans** that have been washed and dried. Cook 3 to 4 minutes before adding **2 or 3 tomatoes**, peeled and chopped, and **3 Tbs. water**. Simmer for 1 hour stirring frequently. (*Yes, an hour.* These beans are not French beans that have a crunch; they are Greek beans that are well cooked and luscious). When beans are tender, add a handful of **mixed herbs – parsley, basil, oregano and thyme** – and season with **salt** and **pepper**. *These beans go beautifully with any kind of lamb and are an ideal vegetable dish for a party, since they can be made a day ahead and are delicious at room temperature. They also keep in the refrigerator for about a week. We love a bowl of them for lunch, adding 1 Tbs. plain yogurt.*

SWISS CHARD

SWISS CHARD 'SCRAMBLED' WITH QUAIL HILL FARM EGGS (On Polenta)

from *Mediterranean Greens and Grains* by Paula Wolfert

contributed by **Sybil Schacht**

Wash $\frac{3}{4}$ **lb. young chard leaves**, removing thick stems, and chop greens into tiny pieces, about 6 cups. (Spinach can also be used.) Heat **2 Tbs. olive oil** and cook **1 Tbs. unsmoked bacon or pancetta** and $\frac{1}{4}$ **c. minced onion** in a large skillet until the bacon and onion begin to turn golden and soft. Add the chopped, wet greens. Cover and cook over medium-low heat, stirring often, until greens are tender, about 10 minutes. During this time, add a few teaspoons of stock to keep the greens from drying out. Add **2 or 3 eggs, beaten**, directly into the skillet and immediately scramble the eggs into the greens so that the mixture thickens and resembles creamed spinach. Season with **salt** and **pepper** and serve right away with 4 to 6 slices of grilled polenta crostini (or on toast or brown rice, etc.) Serves 2.

ZUCCHINI

ZUCCHINE ALLA MARCHIGIANA (Stuffed Zucchini)

from *The Romagnolis' Meatless Cookbook* by Margaret and G. Franco Romagnoli

contributed by **Sybil Schacht**

Preheat oven to 400. Wash **6 medium zucchini** thoroughly and cut off the ends. Cut in half lengthwise and scoop out the inner pulp onto a chopping board. Chop the leaves from **12 parsley sprigs** and about half the stems with the zucchini pulp. Add **3 Tbs. bread crumbs**, **2 Tbs. Parmigiano cheese**, $\frac{1}{2}$ **tsp. salt** and $\frac{1}{4}$ **tsp. pepper** and mix well. Fill the zucchini halves with the chopped mixture, patting in the filling gently but firmly. Mix an additional **1 Tbs. bread crumbs** and **2 Tbs. cheese** and pat some on each stuffed zucchini. Grease with **unsalted butter** an oven-proof casserole that is just large enough to hold the zucchini. Line the halves up in the casserole. Sprinkle with **4 to 6 Tbs. olive oil**. Bake at 400 degrees for 30 minutes. Serve either hot or at room temperature. Serves 6.