

RECIPES

QUAIL HILL FARM E-News, No. 3, July 2009

compiled by Jane Weissman

CUCUMBERS

CUCUMBER SALAD

contributed by **Vivian Stein**

adapted from *The Best of Palm Beach Cooking* by Barbara Steinberg

Mix together $\frac{1}{2}$ c. **white wine vinegar**, **2 Tbs. water**, **1 Tbs. sugar**, and **salt** and **white** (or black) **pepper** to taste and pour over **2 cucumbers** sliced into in half moons. Add **1 Tbs. parsley** or **dill**, chopped, and mix well. Put mixture into a container (preferably one that allows for shaking without leaking), place in refrigerator and let sit for at least an hour. During onion season, add an **onion**, thinly sliced, to the salad.

COLD CUCUMBER CREAM SOUP

contributed by **Jerry Plueneke**

from *The Silver Spoon* (Phaidon Press Ltd.)

Bring $2\frac{1}{2}$ c. **stock** (*chicken or vegetable*) to a boil. In another pan, heat **3 Tbs. olive oil**. Add **1 onion**, chopped, and cook over low heat, stirring occasionally for 5 minutes. Add $1\frac{3}{4}$ c. **cucumbers**, chopped with skin, **1 c. potatoes**, diced, $\frac{1}{2}$ c. **lettuce**, chopped, and **6 fresh mint leaves** and cook 5 minutes more. Season with **salt** and **pepper** to taste. Pour in the hot stock and cook for approximately 15 minutes. Puree in a blender—it produces the smoothest soup—or use a food processor or mill. Pour soup back into the pan, reheat, add $\frac{1}{4}$ c. **heavy cream** and heat 5 minutes more. Chill in the refrigerator for several hours and garnish with **additional mint leaves**. *Jerry writes:* English writer Colin Spencer notes that all of a cucumber's vitamin A is found in the skin—one more reason to cherish Quail Hill's edible organic vegetable skins.

EGGS

VEGETABLE QUICHE

contributed by **Vivian Stein**

With a fork, puncture a store-bought or homemade **pie crust** in several places and place it in a preheated 350 degree oven five minutes prior to adding the quiche mixture. Whisk together **4 eggs**, **1 c. half & half**, $\frac{1}{2}$ c. **mayo**, and **salt** and **pepper** to taste. Sauté **vegetables**—*a mix of onions, spinach, peas, zucchini, peppers, kale, peas or chard*—until tender. Dice $\frac{1}{2}$ c. **cheddar cheese** into small cubes and grate $\frac{1}{4}$ c. **Parmegiano cheese**. Combine the egg mixture, the sautéed vegetables, and the cheddar cheese. Pour ingredients into the pie crust. Sprinkle the top with grated Parmesan. Bake 35-40 minutes (until a fork poked into the center comes out clean. Cool and serve.

VEGETABLE FRITATTA

adapted from *The Unprejudiced Palate* by Angelo Pellgrini

Hilary Leff writes: *I was a farm greeter one Saturday and spent the two hours trading recipes with everyone who came by. (I also told them where the potatoes were!) Peter Cobb gave me this recipe and I tried it Sunday. It's fantastic and uses everything that's in the fields now. It's a keeper.*

Whisk together **6 large eggs**, **6 large basil leaves**, **1 Tbs. parsley**, chopped, **¼ tsp. salt**, and **¼ tsp. black pepper** in a bowl. Cook **1 oz. prosciutto**, finely chopped, in **1 Tbs. olive oil** in a 12-inch ovenproof nonstick skillet over moderate heat, stirring, until edges begin to crisp, about 2 minutes. Add **1 lb. zucchini** (about 3), halved lengthwise and cut crosswise into ¼ inch thick slices, and **5 medium Swiss chard leaves**, stems discarded and leaves finely chopped (1½ c.) and cook, covered, stirring occasionally, until vegetables are just tender, about 8 minutes. Add **12 scallions**, trimmed and finely chopped) and **5 zucchini blossoms** and cook, uncovered, stirring occasionally, until just wilted, 1 to 2 minutes. Pour egg mixture into skillet and cook, lifting up cooked egg around edge using a spatula to let as much raw egg as possible flow underneath, until edge is set, about 2 minutes (top and center will still be very loose). Sprinkle **1 c. grated Parmigiano-Reggiano** cheese (2 oz.) evenly over top. Place frittata in a preheated broiler, about 6 inches from heat, until it is set and slightly puffed and golden, about 2 to 2½ minutes. Cool for 5 minutes, then loosen edge with a clean spatula and slide onto a large plate. Cut into wedges. Serves 6.

FAVA BEANS

Preparing fava beans can be labor intensive as both the pod and an inner skin is usually removed. Shell the beans and place them in boiling water for 30 seconds (not one second more). Blanch in cold water to stop the cooking. Insert your thumbnail into the skin at the smooth end and pop out the bean. For a simple, elegant appetizer, dress **favas** with a bit of **olive oil**, **ground pepper** and shavings of **Parmigiano** or **Pecorino cheese**.

Here are two equally good recipes—one husking the beans the traditional way, the other cooking the entire bean (and eating with pod and inner skin!). Farm apprentice **Matthew Shapero** suggests throwing the pods on the grill for a brief minute or two and then husking and skinning them.

MASHED FAVA BEAN CROSTINI WITH PECORINO & MINT

contributed by **Brande Stellings**
from the Union Square Café, NYC

Place **1 c. cooked fava beans** in a bowl with **2 Tbs. pecorino Romano cheese**, **1 Tbs. mint**, chopped, **3-4 Tbs. olive oil**, **½ tsp. kosher salt** and **5 twists black pepper**. Mash the beans with a fork and spread on the **toasted baguette**, 16 slices. Sprinkle with a few crystals of **sea salt** and squeeze a few drops of **lemon juice** over the crostini just prior to serving. Note: This recipe can be made with young beans that have only been blanched. For older beans, sauté in a little water for approx. 3 minutes.

GRILLED FAVAS & SCALLIONS WITH PROSCIUTTO & PECORINO

contributed by **Richard Kelsey**

Snip both ends from **16 fava pods** and remove the stringy rib. Dress beans with **1 Tbs. olive oil**. Place on a hot grill and cook until the pods soften a bit and are slightly charred. Do not overcook. Try mixing some **scallions** with the favas and also grilling **4 slices of prosciutto**. Place vegetables and prosciutto on serving platter and add shavings of **Pecorino cheese** and a few grindings of **black pepper**. Serves 4.

FENNEL

Early fennel at Quail Hill is the flat variety that can be a bit tough and tasteless. This year, Scott found a source and is growing the round globe fennel, to be harvested later in the season. This is a great way to tease out sweet flavor from the early variety.

GRILLED FENNEL

contributed by **Barbara DiLorenzo**

Trim **fennel bulbs** and steam them a few minutes until they are slightly tender. Lightly dress them in a bit of **olive oil** and grill them until they are slightly charred.

GARLIC

CHICKEN WITH 50 CLOVES OF GARLIC

contributed by **Sybil Schacht**

from *Provençal Light* by Martha Rose Shulman

Rub a **3 lb. roasting chicken**, inside and out, with **salt** and **pepper** and **1 Tbs. olive oil**. Fill the bird's cavity with **30-40 garlic cloves** (or how many that fit), crushed, and a few sprigs of **thyme and/or rosemary**. Rub with **garlic** 2 or more slices of a **baguette** or loaf of **country bread** (the rest also rubbed with garlic is served at the table) and add to cavity. Place chicken in a lidded casserole that's been greased with **1 Tbs. olive oil** and is large enough to accommodate the chicken. Surround the bird with the remaining 10-20 cloves. Add **1 c. chicken stock** and cover tightly. Bake 1 hour in an oven preheated to 350 degrees. The chicken is done when the juice runs clear when the chicken is pierced with a knife. Remove and discard the skin which will be loose around the chicken. Carve and serve with the garlic gloves. Squeeze the garlic cloves from their skins onto more bread or onto pieces of chicken. *Shulman writes:* For the best effect, take the covered casserole to the table and only then remove the lid. The aromas will intoxicate your guests. Note: Quail Hill garlic cloves are large and three heads (which the recipe suggests) might not yield 50 cloves. This is more than compensated by their intense flavor.

HERBS

SHRIMP SALAD WITH BASIL, PARSLEY, DILL & SCALLIONS

contributed by **Jane Umanoff**

Cook **1 lb. large shrimp**, shelled and cleaned, in boiling water with **salt** and **pepper** and **2 bay leaves** until just cooked. Drain/ rinse in cold water. Cut each shrimp into 6 pieces. Chop $\frac{1}{4}$ **jalapeno pepper** and all the *herbs*—handful **basil**, small handful **dill**, handful **parsley**—and add with **20 grape tomatoes**, quartered, to the shrimp. Add **1 Tbs. mayonnaise**, **2 Tbs. olive oil** and juice of $\frac{1}{2}$ **lemon juice**. Mix together and add **salt** and **pepper** to taste. Note: In corn season, add **cooked corn**, sliced off the cob.

KALE

KALE SALAD

contributed by **Hilary Leff**

Remove the rib from 1 bunch **cavolo nero kale** (or any other young kale variety) and finely julienne the leaves. Place strips in a bowl and sprinkle liberally with **coarse sea salt** to wilt and soften the kale. Let it stand a half hour, then rinse and pat dry. Make a vinaigrette from **lemon juice**, **olive oil**, **salt** and **pepper**. Toss kale with the vinaigrette and add toasted **pine nuts** and **currants**.

ONIONS

FRIED ONION RINGS

contributed by **Alan Sosne**

Cut **onions** into thick slices and soak in **buttermilk** for 30 minutes. Dredge in **flour** to which **salt**, **white pepper** and **garlic powder** have been added. Heat **canola oil** (375 degrees if using an electric frying pan) and when oil is hot fry up the rings. For crispy rings, don't put too many in the pan at one time as this lowers the temperature. "Simple and delightful!"

SHIMONITA ONION, ARUGULA & AVOCADO SANDWICH

dubbed the **Guacamole Sandwich** by *Hilary Leff*

contributed by **Jerry Pluenneke**

A grand new addition to Quail Hill vegetables is the fat-bulbed **Shimonita onion**—it looks like a small leek—that appeared at the farm stand in early July. Toast—or not, according to whim—slices of dense, seeded **whole wheat bread** (e.g., Eli's Health Loaf). Spread each slice thickly with about a third of a softly ripe **avocado**. Sprinkle on a few drops of **Jalapeño Tabasco**, a squeeze of **fresh lime**, and a splash of **balsamic vinegar**. Cut **onions** crosswise and sprinkle the translucent slices over the sandwich. Cut bread in half and top with a thick layer of **arugula** leaves.

PURSLANE

PURSLANE & PARSLEY SALAD

contributed by **Linda Lacchia**

recipe by Ian Knauer, *Gourmet Magazine*, August 2008

Purslane, with its glossy, plump leaves is an incredibly nutritious and juicy green. It is also a weed and most farmers pull it out. At Quail Hill, a large patch can be found in the Valley, beyond the raspberries, between the ageratum and the eggplants. This recipe brings out its herbal, lemony crunch.

Wash and dry **6 c. tender purslane sprigs and leaves** and **4 c. flat-leaf parsley leaves**. In a large bowl, whisk together **3 Tbs. olive oil**, **1 Tbs. fresh lemon juice**, **1 Tbs. shallot**, finely chopped, and **¼ tsp. salt** and **¼ tsp. pepper**. Just before serving add **½ lb. cherry tomatoes**, halved or quartered if large. Toss with the vinaigrette. Use the purslane within two days of harvesting (it has a short shelf life).

STRING BEANS

MOM'S STRING BEANS

contributed by **Dorothy Roskam**

Dorothy writes: Here's a recipe for string beans, easy the way my mother made them and I now make them. Steam **1 lb. string beans**, ends trimmed. Melt **2 Tbs. butter** in pan large enough to hold the beans and add **3 cloves garlic**, chopped. Sauté for a minute or two. Add beans and toss. Place in dish and sprinkle with **salt** and **chopped parsley**.

GRILLED STRING BEAN, ONION & POTATO SALAD

contributed by **Jane Weissman**

This recipe is especially good for larger, older green beans. Dress **string beans** and **onions** (see note) with **salt** and **1-2 Tbs. olive oil** and place on a hot grill. Grill until the vegetables are slightly soft and charred. Remove from grill, place in a large bowl and sprinkle with **balsamic vinegar**. In the meantime, dress **potatoes** with **1 Tbs. olive oil**, **salt** and sliced **garlic** and roast them in the oven until done. Combine beans, onions and potatoes and add more **salt to taste** and a few grindings of **black pepper**. Strew the petals of some **calendula flowers** on the top for a festive presentation. Note: This dish is especially good with the fat-bulbed *Shimonita onions*. Separate the stalks from the bulbs and cook on different parts of the grill as the greens cook quickly. Cut into 1-inch lengths before adding to the beans. Or, use *scallions* (keep whole while cooking) or thick slices of *white onions*. These should also be cut into 1-inch pieces before adding to the beans.

SWISS CHARD

SWISS CHARD

contributed by **Richard Simpson**

This recipe is equally good with kale.

Remove the thick stems from **1 bunch Swiss chard** and set aside. Roll the leaves from top to bottom and cut into ½ strips. Heat **olive oil** in large pan and add **1 medium red onion**, sliced, to sweat but not brown. Add **1-2 cloves garlic** to soften but not brown. Add the greens and **juice of ½ lemon** (to taste). Toss greens until they are wilted to desired state. *Richard writes*: Quail Hill chard is great when lightly wilted for a few minutes to retain a little bite. He also suggests cooking the stems as above but putting them in the pan a few minutes earlier. And a “great Spanish technique” is to toss them in a (very) light **batter** and shallow fry them. Sprinkle with **salt** and serve.

SHELLY SCOGGIN'S SWISS CHARD & LEEK QUICHE

contributed by **Jerry Plueneke**

Jerry writes: Shelley runs The Market, a marvelous health food cafe in Greenport, NY, two minutes from the landing of the North Ferry from Shelter Island. This recipe ran in *Edible East End*.

Prepare a **whole wheat pie crust**, or use a good frozen brand or, alternatively, *puff pastry*. Mix **3 Quail Hill eggs** with **1 c. organic whole milk**. Strip the leaves from the stalks of **1 bunch Swiss chard** and cut crosswise into 1-inch strips. (You can also use *spinach* or *8 oz. mushrooms*). Sauté **2 leeks**, slit down the middle, washed and sliced, in **1-2 Tbs. olive oil** until caramelized. Add the chard and cook for a minute or so until wilted. Toss with **1 Tbs. fresh thyme** and set aside. Pierce the pie crust overall with a fork. Layer a total of **1/3 c. grated Jack cheese** and the vegetables on the crust and pour the milk-egg mixture on top. Bake in a preheated 350° oven for 25 to 30 minutes until top is golden brown. Scatter **3-4 strips bacon**, cooked and crumbled, over the top decorate with halves of **cherry tomatoes**. The quiche can be made a day ahead as the flavor intensifies overnight. Note: Julie Rosso and Sheila Lukins in *The New Basics Cookbook* suggest cooking the **chard stalks** like asparagus. Toss in **olive oil** and cook covered over low heat until tender, about 15 minutes. Sprinkle with **vinegar** or **lemon juice**.

ZUCCHINI

OPEN-FACED ZUCCHINI SANDWICH

from *www.real.simple.com*

contributed by **Brande Stellings**

Brush **4 slices country bread** (½-inch thick) with **1 Tbs. olive oil** and cook on a heated grill set to medium high until golden and crisp, about 1 minute per side. Transfer to plates. Grill **4 small zucchini** (about 2 pounds, sliced thinly lengthwise) until tender and slightly charred, 3 to 4 minutes per side. Toss zucchini in a large bowl with **1 c. basil** (leaves torn), **¼ tsp. crushed red pepper**, **½ tsp. kosher salt**, and an additional **1 Tbs. olive oil**. Top the bread with the zucchini and **1 c. fresh ricotta**. Serves 4.

ZUCCHINI GRATIN WITH GOAT CHEESE

contributed by **Sybil Schacht**

from *Provençal Light* by Martha Rose Shulman

Coarsely grate or thickly slice **2 lbs. zucchini**. **Salt** and let the zucchini sit in a colander for 15 to 30 minutes. Rinse and gently squeeze out the moisture. Heat **1 Tbs. olive oil** over medium heat in a large skillet. Add the zucchini and **salt and pepper** to taste. Cook stirring for 10 minutes until the zucchini is beginning to cook through. Add **2 cloves garlic**, minced or put through a press, and continue to cook, stirring for another 5 minutes until the zucchini is fragrant but still bright green. Stir in **¼ c. parsley**, chopped, and **2 Tbs. fresh basil**, slivered, and remove from the heat.

Beat together **2 medium eggs** and **2 oz. goat cheese**, crumbled (about ½ c.). Stir in the zucchini and adjust the seasonings. Transfer to a 2 quart gratin dish that's been slightly oiled. Sprinkle **2 Tbs. bread crumbs**, (fresh or dry) and drizzle an additional **1 Tbs. olive oil** on top. Bake in a preheated 400 degree oven for 20 to 30 minutes, until the top is browned and the mixture is sizzling. Serve hot or at room temperature. *Advance preparation:* The gratin can be assembled hours before baking. It can also be baked a few hours before serving and reheated in a medium 350 degree oven for 15 minutes or in a 400 degree oven for 5 to 10 minutes.

DO YOU HAVE A GREAT RECIPE TO SHARE?

Please send it to QuailHillNews@aol.com

Or call Jane at 631.267.6963

If the recipe is from a book or magazine,
please note source (title, author and/or date).