

THANKSGIVING 2008
Recipes from
QUAIL HILL FARM E-NEWS

BRUSSELS SPROUTS

SHAVED BRUSSELS SPROUTS SALAD with FRESH WALNUTS and PECORINO

adapted from Jonathan Waxman, *Gourmet*, October 2005
contributed by **Barbara diLorenzo**

Using an adjustable blade slicer, slice **1½ lb Brussels sprouts** (preferably from the stalk) into thin disks. Toss into a bowl to separate the layers. Add **½ c. walnuts** (lightly toasted and gently crushed; use your hands) along with **2 Tbs. Pecorino Romano cheese** (or to taste), **¼ c. olive oil**, and **3 Tbs. lemon juice**. Toss to combine to create an unbelievably delicate slaw. Season with freshly ground **pepper**. Serves 6.

HASHED BRUSSELS SPROUTS WITH LEMON ZEST

from *Union Square Cookbook* by Danny Meyer and Michael Romano
contributed by **Barbara DiLorenzo**

Trim bottoms off **2 lbs. Brussels sprouts**. Cut them in half lengthwise; then thinly slice crosswise. Put them in a bowl of water with lemon juice until ready to cook, and toss to separate leaves. Heat **2 Tbs. olive oil** and **2 Tbs. butter** in large frying pan over high heat. Add sprouts, **3 cloves garlic** (minced), **2 Tbs. black mustard or poppy seeds**. Cook about 4 minutes, stirring often, until lightly cooked but still green and crisp (it's okay if some leaves brown slightly). Add **¼ c. white wine or vermouth**, and sprinkle with **salt** and **pepper** to taste. Cook, stirring, one minute more. Turn off heat, adjust seasoning, and add **zest of 1 lemon**, reserving a bit for garnish. Serves 10.

KALE

KALE WITH GARLIC AND CRANBERRIES

from Ruth Cousinea
contributed by **Linda Lacchia**

Cook **2 lb. kale** (preferably Russian Red, stems and center ribs discarded and leaves coarsely torn) in a 6-quart pot of boiling salted water (*add 1½ Tbs. salt for every 4 quarts water*), uncovered, until almost tender, 5 to 7 minutes. Drain in a colander and immediately transfer kale to an ice bath to stop cooking. When kale is cool, drain but do not squeeze. In the same pot, cook **1 Tbs. garlic** (minced) in **5 Tbs. olive oil** over medium heat, stirring, until fragrant, about 30 seconds. Add kale, **½ c. dried cranberries** (which give hits of tartness to the garlicky kale), **¾ tsp. salt**, and **⅛ tsp. pepper** and cook, tossing frequently, until kale is heated through and tender, 4 to 6 minutes. Serves 8.

LACINATO KALE and RICOTTA SALATA SALAD

adapted from Mario Batali, from *Gourmet*, January 2007

contributed by **Barbara DiLorenzo**

This hearty green, usually cooked, can be used raw to make a delicious salad. Cut $\frac{3}{4}$ 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**, $\frac{1}{4}$ **tsp. salt**, and $\frac{1}{4}$ **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.

CHOPPED KALE SALAD WITH SPICED ALMONDS AND RED PEPPERS

from *Delicious Living*, April 2007

contributed by **Lynn Birks**

In a medium bowl, combine **1 tbsp. olive oil**, **1 tsp. curry powder**, $\frac{1}{2}$ **tsp. cumin**, and **1 tsp. unfiltered honey**. Mix well. Add $\frac{1}{2}$ **c. raw almonds** and toss to coat. Spread almonds in a single layer on one-third of a baking sheet. Place $\frac{1}{2}$ **c. pitted Kalamata olives** on the middle third of the sheet and **1 small red pepper** (seeded and cut into thin strips) on the remaining third. Roast for 10 minutes at 400 degrees. Remove from the oven and let cool. Place $\frac{1}{2}$ **bunch kale** (washed, stems removed, and chopped) in a medium salad bowl and drizzle with **1 tsp. olive oil**. Sprinkle with **salt and pepper**, and toss to coat leaves. Add **1¼ c. feta cheese** (crumbled) and the roasted peppers, almonds and olives. Toss and serve. Serves 4 to 6.

NOTE: Lynn uses the “bumpy, dark green dinosaur lacinato kale, which tends to be less bitter and tough than curly-leafed kale.” She also steams it for a few minutes, but reports that raw or cooked, both ways work fine.

See also [SQUASH](#) for **FARRO WITH KABOCHA SQUASH AND KALE**

ONIONS

Two quick and easy preparations yield one beautiful, tasty dish
adapted from *Vegetarian Cooking for Everyone* by Deborah Madison
contributed by **Jane Weissman**

BRAISED ONIONS: Use any or a combination of **red and white boiling onions**, **cipolline and shallots**, about 1 pound total. Blanch *onions* in boiling water for 2 minutes, drain and remove outer skin. Peel the *shallots* raw, pulling them apart at their natural divisions. Melt **2 Tbs. butter or olive oil** in skillet with **2 bay leaves**, **2 thyme sprigs**. Add onions and **2 tsp. sugar**. Cook over medium heat, stirring occasionally, until browned in places, 10 to 15 minutes. Season with $\frac{1}{2}$ **tsp. salt and pepper**, to taste. Add **1/3 c. dry white wine or vermouth**. Bring to a boil, lower heat, cover and simmer until onions are tender, 15 to 20 minutes. Add a few tbs. water if pan gets dry. Remove lid and reduce remaining juices to a syrupy glaze. Serves 4 to 6.

BROILED RED ONIONS WITH VINEGAR AND ROSEMARY: Slice **4 or 5 onions** into ½ -inch rounds and toss with **2 Tbs. olive oil** and **1 Tbs. rosemary** (finely chopped). Put on a baking sheet and broil 5 to 7 minutes about until tops are slightly charred. Turn and continue cooking until onions are tender and charred. Drizzle **2 Tbs. balsamic vinegar** over the onions. Serves 4 to 6.

SQUASH

FARRO WITH KABOCHA SQUASH AND KALE

from *Sunday Suppers at Lucques* by Suzanne Goin
contributed by **Hilary Leff**

This recipe has many steps, but all but the last can be done beforehand.

Cut **squash** into 1/2 inch cubes (about 2½ c.) Toss with **2 Tbs. olive oil**, **1 tsp. thyme**, **¾ tsp salt** and some **pepper**. Spread on baking sheet and bake in 425 degree oven until tender, about 25 minutes.

Rip **1 lb. kale** (preferably the Tuscan cavolo nero) into small pieces and blanch for approx. 2 minutes in boiling water. Drain and squeeze excess water out with your hands.

Heat a large pot and add ¼ c. **olive oil**, a sprig of **rosemary** and **1 chile de arbol** (crumbled). Let them sizzle in oil for 1 minute then turn heat down and add **1 c. onion** (sliced) and season with **salt** and **pepper**. Cook 2 minutes; then stir in **2 cloves garlic** (thinly sliced). Cook 5 to 7 minutes more, until onion starts to color. Add kale and **2 Tbs. oil** (additional). Season with salt, and cook over low heat for 30 minutes. Remove rosemary from pot.

In another saucepan, add ¼ c. **olive oil** over medium heat. Add **1¼ c. farro** and toss until coated. Add **1 Tbs. thyme**, ¼ c. **sherry**, and **6 c. water**. Bring to a boil, then turn heat to low and simmer for 30 minutes. Drain the farro and spread on baking sheet to cool.

Heat sauté pan and add **2 Tbs. butter**. Add ¾ c. **shallots** (thinly sliced), and brown in butter for 4 to 5 minutes. Add farro and sauté, stirring for 3 to 4 minutes. Add squash and kale, sauté until warmed through and serve immediately.

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STUFFING

contributed by **Jane Umanoff**

Heat ½ **stick butter** (4 Tbs.) and ¼ c. **olive oil** in large pan. Add **2 large onions** (3 c.), **2 celery stalks**, and **1 or 2 apples** (peeled and diced.) Season to taste with **thyme**, **sage**, **salt** and **pepper**. Add ½ c. **dried apricots** (cut in half), ½ c. **dried prunes** (cut in half), ½ c. **dried cranberries** or **cherries**, and approx. ½ c. **vermouth**. Boil off the alcohol. Add the **6 c. whole grain bread** (cut in cubes and dried) and **1 c. chicken broth** or **vegetable stock**. Cook until ingredients are well mixed but not soggy. Cool and stuff in the turkey. Enough for a 10-12 pound turkey

CRANBERRY SAUCE

contributed by **Jane Umanoff**

Put **1 bag fresh cranberries** in a pot. Add the juice **1 orange** (cut into quarters) and the **zest** of two of the quarters. Add **1 apple** and **1 pear** (both peeled and diced), **2 tsp. cinnamon**, **½ tsp. ground clove**, a pinch of **salt**, and **sugar or agave** (a natural sweetener from agave cactus that is healthier than sugar) to taste. Add water to barely cover. Bring to a boil and then simmer until it all comes together.

CRANBERRY GINGER RELISH

from Epicurious

contributed by **Barbara DiLorenzo**

Combine **1 bag cranberries**, **1½ c. orange juice**, **1 c. sugar**, and **2 Tbs fresh ginger** (peeled and finely chopped) in a pot and bring to a boil over high heat stirring until sugar dissolves. Turn heat to low and simmer, stirring often and gently mashing berries, until sauce is thick, about 15 minutes.

Variation: Substitute **1 naval orange**, pulsed in a food processor, for the ginger and add **2 or 3 Tbs. Triple Sec**.