

RECIPES

QUAIL HILL FARM E-News, No. 5, November 2009

compiled by Jane Weissman

BOK CHOY

CRUNCHY BOK CHOY SALAD

adapted from *www.epicurious.com*

contributed by **Ronnie Grill**

Prepare the dressing – **2 Tbs. sugar, 3 Tbs. cider vinegar, 3 Tbs. soy sauce, 2 tbs. peanut butter, ½ tsp. crushed red pepper.** Saute **¼ c. dry roasted peanuts** over medium high heat until browned. Place peanuts in a large bowl with **3 c. bok choy**, white and green parts thinly sliced, **1 c. red pepper** cut into thin strips, **½ c. carrot**, shredded or diced, **¼ c. green onions**, cut diagonally into pieces. Add salad dressing, toss and serve. *Note from Ronnie:* the original recipe called for a 3 oz. package **ramen noodles** crumbled into the salad before it is dressed.

BROCCOLI RABE

SPAGHETTI WITH BROCCOLI RABE, TOASTED GARLIC & BREAD CRUMBS

from *Dining & Wine*, April 15, 2009

contributed by **Marjorie Silver**

Put **¼ c. olive oil** in a large skillet over medium-low heat. When oil is warm, cook **3-4 cloves garlic**, peeled and slivered, just until fragrant, 1 to 2 minutes. Add **1 c. bread crumbs** and **¼ tsp red pepper flakes** and cook until bread crumbs are golden, 5 minutes or so. Remove and set aside. Blanche **1 lb. broccoli rabe**, trimmed and washed in water brought to a boil and salted until it wilts. Do not overcook. Remove with a slotted spoon, drain well and chop. Cook **1 lb. pasta** in same pot of water. Meanwhile, add an additional **¼ c. olive oil** to skillet over medium-low heat. Add broccoli rabe and toss well. Season with **salt and pepper**. When rabe is warm, add garlic and bread crumbs and mix well. Drain cooked pasta, reserving a little cooking water. Toss pasta in skillet with broccoli rabe mixture, adding a little reserved water if necessary. Adjust seasonings. Serve with freshly grated **Parmesan cheese**. Serves 4 to 6. *Note from Marjorie:* Substitute **Swiss chard** for the broccoli rabe. Try it without the pasta; it's just as good. Especially delicious with bread crumbs made from 3-cheese bread!

BRUSSELS SPROUTS

MAPLE GLAZED BRUSSELS SPROUTS

from *www.nyktchenco.com*, recipe by **Robin Puskas**

contributed by **Jane Weissman**

Heat **3 Tbs. olive oil** in skillet over medium high heat. Add **2 lbs. Brussels sprouts**, trimmed and cut in half. Allow to brown undisturbed for 1-2 minutes. Toss sprouts; lower heat to medium. Add **4 oz. butter**. When butter is entirely melted, add **4 Tbs. maple syrup** and **1 tsp. Dijon mustard**. Cook a few minutes and then add **1½ Tbs. apple cider vinegar** and sea or kosher **salt** to taste. (Optional: toss in **⅓ c. toasted walnuts**.) Cook a few minutes more until sauce thickens and sprouts are just tender. Do not overcook. Serve immediately. Can be made a day in advance.

CABBAGE

KILLER COLE SLAW

adapted from a dish made by **Hope Millholland**

contributed by **Jerry Pluenneke**

Mix dressing and let stand for an hour for flavors to blend – $\frac{1}{2}$ c. **orange juice**, freshly squeezed, $1\frac{1}{2}$ tsp. **unseasoned Marukan rice vinegar**, $\frac{1}{3}$ **apple**, shredded, $2\frac{1}{2}$ tsp. **roasted sesame oil**, **2 pinches sea salt**. For the slaw – **3-4 c. cabbage**, shredded, **3 carrots**, shredded, $\frac{1}{3}$ c. **raisins**, softened, and $\frac{1}{2}$ c. **pomegranate seeds**. Add dressing to slaw, toss and serve.

CAULIFLOWER

ROASTED CAULIFLOWER

contributed by **Richard Simpson**

Break **1 head cauliflower** into florets and spread on a baking tray. Sprinkle with **chili flakes** and **sea salt**. Toss with approx. **2 Tbs. olive oil**. Sprinkle mixture with $\frac{1}{3}$ c. **parmesan cheese**. Roast at 400°F until golden brown.

CELERIAC

MASHED POTATOES WITH CELERY ROOT

contributed by Jane Ulanoff

Peel **1 celery root** and cut into cubes. Peel **2 lb. Yukon Gold potatoes** and cut into cubes. Using separate pans, cover the celery root and potatoes, with **cold salted water** and bring to a boil. Simmer 20-25 minutes or until tender. Drain. Mash together the potatoes and celery root. Add $\frac{1}{2}$ c. **heavy cream** and $\frac{1}{4}$ **Tbs. butter** that have been warmed and melted in a saucepan. Season with **salt & pepper**. Serves 4-6.
Editor's note: Add **2 apples** that have been peeled, chunked and cooked until reduced to sauce.

POTATO, CELERIAC & APPLE GRATIN

adapted from www.deliciousmagazine.co.uk, recipe by **Matthew Drennan**

contributed by **Jane Weissman**

Peel **1 celery root** (about 1 lb.) and **3-4 medium potatoes** (about $1\frac{1}{2}$ lb.) and slice thin. Put **1 c. heavy cream**, **1 c. milk** and **1 clove garlic**, crushed, in a non-stick pan over a medium-low heat. Add the potatoes and celeriac and simmer for 10 minutes, gently stirring, until tender. Spoon half the potatoes and celeriac into a greased 2-quart pan and season with **salt** and **pepper**. Quarter, core and thinly slice **2 unpeeled apples** and arrange over the vegetables. Top with the remaining potatoes and celeriac. Adjust seasoning and dot with **3 Tbs. butter**. Bake in oven preheated to 350°F. for 30-35 minutes, until golden and bubbling.

CRANBERRIES

Quail Hill Farm may not grow cranberries, but many of us harvest them from the bogs in the Walking Dunes.

CRANBERRY WALNUT UPSIDE DOWN CAKE

from *Gourmet* magazine, November 2005

contributed by **Dorothy Roskam**, with thanks to **Sydney Albertini**

Make topping: melt **4 Tbs. butter** in skillet over moderate heat. Swirl to coat bottom and side of 10-inch cast iron skillet and stir in $\frac{3}{4}$ c. **light brown sugar**, packed. Simmer, stirring, until sugar is dissolved, 1 to 2 minutes, then sprinkle **1 $\frac{3}{4}$ c. cranberries** and $\frac{3}{4}$ c. **walnuts**, chopped, evenly over butter mixture. Remove from heat. *For the cake:* Whisk together **1 $\frac{1}{2}$ c. all-purpose flour**, **1 $\frac{1}{2}$ tsp. baking powder**, **1 tsp. baking soda**, **$\frac{1}{2}$ tsp. salt**. Beat together **1 stick (8 Tbs.) unsalted butter**, softened, and $\frac{3}{4}$ c. **granulated sugar** with an electric mixer at high speed until light and fluffy, 4 to 6 minutes. Add **2 large eggs**, one at a time beating well after each addition. Beat in **$\frac{1}{2}$ tsp. vanilla**. Reduce speed to low and add flour mixture alternately in batches with $\frac{3}{4}$ c. **buttermilk**, well shaken, beginning and ending with flour mixture and mixing until just combined. (Do not overmix.) Heat **topping** in skillet over moderately high heat until it starts to bubble, then gently spoon batter over topping and spread evenly. Quickly transfer to oven preheated to 350°F with rack in the middle position. Bake until cake is golden brown and a wooden skewer comes out clean, 25 to 30 minutes. Cool cake in pan on a rack 15 minutes. Run a thin knife around inside edge of pan, then invert a serving plate over pan and invert cake onto plate. Cool completely on plate on rack for 1 hour. Serve cake at room temperature with lightly sweetened **whipped cream**. *Note:* can be made a day ahead and kept, wrapped in plastic wrap, at room temperature.

KALE

PORTUGUESE GREENS SOUP

from *Soup Suppers* by **Arthur Schwartz**

contributed by **Sybil Schact**

Place **4 large potatoes** (2 lbs.), peeled and cut in $\frac{1}{4}$ inch rounds, **1 $\frac{1}{2}$ tsp. coarse sea salt**, and **8 c. water** in a 4 to 6 quart pot. Bring to a boil, adjust heat, and simmer, uncovered, until potatoes are mashable, about 15 minutes. With an immersion blender – a potato masher works fine, too – puree potatoes in the pot. (Or scoop out the potatoes and puree them in Cuisneart, and return them to pot.) Stir in $\frac{1}{4}$ c. **olive oil** and **$\frac{1}{4}$ tsp. pepper**, freshly ground. Bring soup back to a simmer over medium heat. Prick **6 oz. chorizo or Portuguese linguica sausage** in a few places, and add them to the pot. Simmer for 15 minutes. With tongs, remove the sausages, slice them about $\frac{1}{4}$ inch thick, and set aside. Add **$\frac{1}{2}$ lb. kale**, washed, stemmed, very finely shredded (about 4 c.) or **4 c. cabbage**, finely shredded, to the simmering soup. Boil, uncovered, for 3 to 4 minutes. Remove from the heat. Add the sliced sausage and serve.

LEEKES

LEEK BREAD PUDDING

adapted from *Ad Hoc at Home* by **Thomas Keller**

contributed by **Linda Lacchia**

Place **2 c. leeks**, white and light green parts only cut into $\frac{1}{2}$ -inch slices, cleaned and rinsed, in a medium sauté pan over medium-high heat. Season with **salt** and sauté until leeks begin to soften, about 5 minutes, then reduce heat to medium-low. Stir in **4 Tbs. butter**. Cover and cook, stirring occasionally, until leeks are very soft, about 30 minutes. Adjust salt and **pepper**, freshly ground, to taste. While leeks are cooking, spread **12 c. bread** – crustless brioche or Pullman loaf cut into $\frac{1}{2}$ inch cubes – on a baking sheet and bake in oven preheated to 350°F until dry and pale gold, about 20 minutes, turning pan about halfway through.

Transfer to a large bowl, leaving the oven on. Add leeks, **1 Tbs. chives**, finely chopped, and **1 tsp. fresh thyme** to the bowl of bread; toss well. In another large bowl, lightly whisk **3 large eggs**, then whisk in **3 c. whole milk**, **3 c. heavy cream**, a generous pinch of **salt**, **pepper** to taste and a pinch of **nutmeg**, freshly grated. Sprinkle **¼ c. Comté or Emmentaler cheese**, shredded, (1 c. will be used in all) along the bottom of a 9" x 13" baking pan. Spread half the bread mixture in pan, and sprinkle with second **¼ c. cheese**. Spread remaining bread mixture in pan, and sprinkle with third **¼ c. cheese**. Pour in enough milk/cream mixture to cover bread, and gently press on bread so liquid soaks in. Let rest 15 minutes. Add remaining liquid, letting some bread cubes protrude. Sprinkle with **salt** and remaining **¼ c. cheese**. Bake until pudding is set and top is brown and bubbling, about 1½ hours. Serve hot. Serves 12.

LEEK, SQUASH & KALE STUFFING

original source unknown

contributed by **Hilary Leff**

Heat **1 Tbs. butter** in a large Dutch oven or heavy pot over medium heat. Add **1 lb. sweet Italian fennel sausage**, casings removed, broken into small pieces, and cook until golden brown, about 6 minutes. Add **3 large leeks**, white and light-green parts only, sliced, and **½ medium butternut squash**, peeled and diced. Season with **1 tsp. each of Kosher salt** and **black pepper**, freshly ground. Cook until the leeks are soft, about 3 minutes. Add **1 bunch kale**, leaves trimmed and chopped. Toss and cover until the kale wilts, about 4 minutes. Add 1 lb stale bread – onion focaccia or chewy peasant loaf – cubed, and additional **3 Tbs. butter** and toss until the butter melts. Whisk **1 large egg** and **2 c. low-sodium chicken broth** (or turkey stock) in a bowl until smooth. Stir in **1 c. diced parmesan cheese** and **1 tsp. salt**. Pour the broth over the bread mixture; cook until the liquid is absorbed by the bread, about 1 minute. Transfer the bread mixture to a buttered 3-quart casserole dish. Scatter an additional **¼ c. parmesan cheese**, shredded, evenly on top and bake in an oven preheated to 350°F until golden and cooked through, about 40 minutes. Set aside for 5 minutes before serving.

POTATO LEEK SOUP + VARIATIONS

from *Soup Suppers* by **Arthur Schwartz**

contributed by **Sybil Schact**

In a 2 qt. saucepan, **2 c. leeks or onions**, coarsely chopped, **1½ c. potato**, peeled and chunked, **2 c. water** and **½ tsp. salt**. Cook until soft, and puree (see Portuguese Greens Soup). Bring pureed soup to a simmer and stir in **pepper**, freshly ground, and **1 Tbs. butter**. Simmer one minute. Serves 2.

VARIATIONS: Carrot Soup: add **2 to 3 medium carrots** and an additional **½ c liquid** (you can use carrot juice or any kind of vegetable juice instead of water). Cream of Watercress Soup: add **1 bunch watercress**, coarsely chopped, with stems, for the last 2 minutes of cooking, plus an additional **½ c liquid**.

Cream of Pea Soup: add **½ package frozen petits pois** for the last 5 minutes of cooking, plus a few tablespoons additional liquid. For Other Vegetables – such as broccoli, spinach, zucchini, string beans, fennel, winter squash, brussels sprouts, turnips, parsnips, or celery root – add **1 c. cooked vegetable**, chopped, and adjust liquid according to taste. *Sybil notes:* I've tried the carrot and the watercress variations and have also added a few spoonfuls of **Half & Half** or **creme fraiche**. Very nice. *Editor's note:* Swirl an extra spoonful of **butter** into each serving of soup and sprinkle with cut fresh **chives** (which grow nicely indoors).

PARSNIPS

SAUTEED CARROTS & PARSNIPS IN BUTTER & GINGER

contributed by **Jane Ulanoff**

Peel **6 carrots** and **4 parsnips**. Slice on the diagonal. In a sauté pan, melt **1 stick butter** (8 Tbs.). Add **6 slices fresh ginger**. Add the carrots and parsnips and sauté slowly until done. (Cover pan for about 5 minutes to speed the cooking.) Season with **salt** and **pepper** to taste. Remove the ginger and serve. Serves 6 to 8.

PARSNIP PANCAKES WITH COCONUT

from *Kingston Cafe Cookbook* by Judith Weinstock

contributed by **Deborah Nevins**

In a food processor blend **4 egg yolks** for 1 minute. Add **4 c. parsnips**, peeled and diced, **13 oz. unsweetened coconut milk**, **½ c. flour**, **1 tsp. baking powder**, **1 Tbs. sugar**, **1 tsp. salt**, a **pinch cayenne**, and blend. For a great Indian taste, add some **minced shallots** and **½ tsp. curry powder**. Refrigerate ½ hour. Coat bottom of skillet with **olive oil** and when hot add ice cream scoops of mixture and press flat. Cook 3 minutes, flip, and cook another 3 to 4 minutes. Yield: 15 3-inch pancakes.

PUMPKIN

PUMPKIN OR SQUASH SEED BRITTLE

from chef **Guy Reuge**

contributed by **Judy Freeman**

Generously grease a cookie sheet; set aside. Combine **1½ c. sugar**, **¼ c. corn syrup**, **2½ Tbs. unsalted butter** and **¼ c. water** in a medium pot, stirring until no lumps remain. Cook the mixture over medium heat until it caramelizes, about 15 minutes. It's done when it turns a medium brown color. Take the pot off the burner and immediately whisk in **¾ tsp. salt**, **¼ tsp. baking soda**, and **½ tsp. cumin**. Quickly add **1¾ c. pumpkin seeds** – or pepitas from such squash as Pipian of Tuxpan (cream colored with greenish stripes) or Australian Blue (squat and round and slate gray) – and stir until they are coated with the caramel. If the mixture hardens too fast to allow you to stir in the seeds, return the pot to the heat for several seconds. Working quickly, pour the mixture on the baking sheet and spread it with a rolling pin to about 1/4-inch thickness. When the brittle has cooled and hardened, break it into pieces. Store in an airtight container.

SWEET POTATOES

ROASTED SWEET POTATOES

contributed by **Richard Simpson**

Spread **sweet potatoes** – skins on -- on a baking tray. Sprinkle with a generous amount of **salt** and toss with enough **olive oil** to coat the skins. Roast at 400°F until soft – time depends on thickness of potatoes. Eat whole with your fingers – especially those long thin tubers. *Editor's note:* For larger **sweet potatoes**, slice into ½ inch coins. Dress them with **olive oil**, **salt** and **chopped parsley**. Spread on a baking sheet and roast until done.

ROASTED SWEET POTATO SALAD WITH BLACK BEANS & CHILI DRESSING

from *The New York Times*, September 25, 2009, recipe by **Mark Bittman**
contributed by **Dorothy Roskam** and **Marjorie Silver**

Put **4 medium sweet potatoes** (1½ lbs.), peeled and cut into 1-inch chunks, and **1 large red onion** on a large baking sheet and drizzle with **2 Tbs. olive oil**. Toss to coat and spread out in a single layer. Sprinkle with **salt** and **pepper**. Roast in oven preheated to 400°F, turning occasionally, until potatoes begin to brown on corners and are just tender inside, 30 to 40 minutes. Remove from oven; keep on pan until ready to mix with dressing. Put **1-2 Tbs. hot pepper** (jalapeño), minced, in a blender along with **1 clove garlic**, peeled, juice of **2 limes**, **4 tbs. olive oil**, and a sprinkle of **salt** and **pepper**. Process until blended. Put warm vegetables in a large bowl with **2 c. cooked black beans**, drained (canned are fine) and **1 red or yellow bell pepper**, seeded and finely diced. Toss with dressing and **1 c. chopped fresh cilantro**. Taste and adjust seasoning if necessary. Serve warm or at room temperature. Serves 4.

WEST AFRICAN SOUP WITH SWEET POTATOES & KALE

from *The New York Times*, June 12, 2009, recipe by **Mark Bittman**
contributed by **Jane Weissman**

Chop or pulse **¾ c. peanuts**, roasted and shelled. Put **2 Tbs. peanut oil** (or grapeseed or corn) in a deep skillet over medium heat. After a minute, add **1 medium red or white onion**, chopped, **1 Tbs. fresh ginger**, minced, and **1 Tbs. garlic**, minced. Cook, stirring occasionally, until onion is soft, 3 to 5 minutes. Add **½ lb. skinless, boneless chicken** (about 2 thighs or breasts) cut into chunks, and continue cooking for another 3 or 4 minutes, until just coloring. Add **½ c. peanuts** and pinch of **cayenne** and sprinkle with **salt** and **pepper**. Stir in **6 c. water or stock** and **2 sweet potatoes or yams** (about 1 lb.), peeled and cut into thick slices. Bring to a boil. Turn heat down to medium-low so the soup bubbles gently. Stir in **8 plum tomatoes**, cored and halved (canned are fine; drain and reserve liquid for another use) and tomatoes and **½ lb. kale** (or **collards**), washed and cut into wide ribbons. Cook, stirring occasionally, until chicken is cooked through, about 10 minutes. Stir in **¼ c. peanut butter** (natural, with added sugar, etc.). Taste, adjust seasoning (and perhaps more peanut butter) and serve, garnished with remaining **¼ c. peanuts**. Serves 4.

WINTER SQUASH

WINTER SQUASH SOUP WITH HOT PEPPER

contributed by Barbara DiLorenzo

Cut a decent sized **squash** (or two smaller ones) in half. Deep orange-fleshed squash like Kabocha or Butternut work best; acorns don't work at all. Brush **olive oil** on the cut sides and place face down in pan. Place **1 hot pepper** (habanero or any other hot pepper) wrapped in aluminum foil next to the squash. Roast in oven preheated to 350°F, occasionally checking the pepper so it does not burn or shrivel away. When pepper is soft and slightly charred remove from oven. When squash is done, cool slightly and puree along with some of the pan juices and a **PIECE** of the habanero – unless you really like it hot! Taste first – you can always add more. Add **4 - 6 c. vegetable stock or chicken stock** (or a mixture) to puree to desired consistency. **Salt** to taste.