

# RECIPES

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## QUAIL HILL FARM E-News, No. 4, late August 2009

compiled by Jane Weissman

### BEETS

#### FUSILLI ALLA CRAZY BASTARD

a.k.a. **PASTA WITH BEET GREENS & CHEVRE**

recipe by Mario Batali from *Food & Wine*

contributed by **Barbara DiLorenzo**

This recipe is an ode to Garles Barsotti's memorably silly *New Yorker* cartoon of a rigatoni noodle on the phone to a friend, exclaiming "Fusilli, you crazy bastard!" This became a punchline to all Batali's jokes.

In an oven preheated to 350°F, toast **½ c. walnuts** for 7 minutes, until lightly browned. Coarsely chop the nuts and transfer to a bowl. Raise temperature to 450°F, and roast **1 pint cherry tomatoes** that have been tossed with **1 tsp. olive oil**, **½ tsp. salt** and **½ tsp. pepper** for 10 minutes until browned in spots. In a large pot of boiling, salted water, cook **1 lb. fusilli**. Meanwhile, heat **2 Tbs. olive oil** in large skillet and add **3 cloves garlic**, sliced, over moderate heat until golden, 2 minutes. Add tomatoes, **½ pound beet greens**, stemmed, rinsed and coarsely chopped, and a **pinch of crushed red pepper** (or a fresh chile—deveined, seeded, chopped). Cook, crushing the tomatoes slightly, until the greens are just wilted, 3 minutes. Drain the fusilli, reserving **½ c. cooking water**. Add the pasta, cooking water, and **½ lb. soft goat cheese**, thickly sliced, to the skillet and cook over moderate heat, tossing to coat the pasta. Season with **salt** and **pepper**. Serve immediately garnished with the walnuts and topped with **Parmigiano-Reggiano**. Serves 4.

### CUCUMBERS

#### PICKLES

contributed by **Hilary Leff**

from FoodTV.com, recipe by Bobby Flay

In a large, heatproof measuring cup, combine **1½ c. distilled white vinegar**, **¼ c. sugar**, **4 tsp. kosher salt**, **1 tsp. mustard seeds**, **1 tsp. coriander seeds** and **¾ tsp. dill seeds** with **2 c. hot water**. Stir until the sugar and salt are dissolved. Let the brine cool. In a large bowl, toss **2 lb. kirby cucumbers** (other varieties can be used), sliced **¼ inch** thick with **¾ c. dill**, coarsely chopped, and **3 garlic cloves**, coarsely chopped. Pour the brine over the cucumbers and turn to coat. Place a small plate over the cucumbers to keep them submerged, then cover the bowl with plastic wrap and refrigerate overnight.

#### BREAD SALAD

contributed by **Liadain Smith**

Cut **½ baguette** into small cubes (stale bread is great for this!). Sprinkle with **3 to 4 Tbs. warm water**, toss, and set aside for 20-30 minutes. In a bowl, put **1 medium cucumber**, peeled, seeded, and diced, **½ medium onion**, thinly sliced, **1 pint cherry tomatoes**, halved (3 medium tomatoes, seeded and diced), and **½ bunch arugula**, washed and torn in half. Add vegetables to bread and sprinkle with **4 Tbs. sherry vinegar**, **6 Tbs. olive oil** and **salt and pepper** to taste. Gently toss and let sit for at least a half hour before serving. Even better the next day—if there are leftovers!

# EGGPLANT

## CROSTINI WITH EGGPLANT & PINE NUT PUREE

adapted from *Local Flavors* by Deborah Madison

contributed by **Ursula Lee**

Heat broiler. Peel and trim **1 lb. eggplant**, slice into ½ inch rounds. Lightly brush both sides of slice with **olive oil**, arrange on sheet pan, and broil about 6 inch away from heat until golden, 7-10 minutes. Turn and brown other side. Stack slices so they steam to finish cooking. Toast **1/3 c. pine nuts** in small skillet over low heat until golden. Cool. Using a large mortar and pestle, grind pine nuts with **1- 2 cloves garlic** and **½ tsp. sea salt** until smooth. Coarsely chop the eggplant and work it into puree (food processor is fine). Add a little fresh **lemon juice** to sharpen the flavor and **salt and pepper** to taste. Stir in **1 Tbs. mint**, chopped, **2 tsp. parsley**, chopped, and **2 tsp. basil**, chopped. Spread on bread slices or crackers, and garnish with **basil leaves**.

## SPICY EGGPLANT SPREAD WITH THAI BASIL

from *Vegetarian Cooking for Everyone* by Deborah Madison

contributed by **Barbara DiLorenzo**

Score **1 lb. eggplant** in several places and roast in 475°F oven about 30-40 minutes until it's about to collapse, allowing the skin to char in places. . Remove to a colander to cool. Peel as best you can and coarsely chop the flesh. Mix together **1½ Tbs. light brown sugar**, **2 Tbs. rice wine vinegar**, **1 Tbs. soy sauce**, and **2-3 serrano chiles**, finely chopped. Heat skillet over high heat and add **3 Tbs. dark sesame oil** (or roasted peanut oil). When it begins to haze, add **3 cloves garlic**, minced, and stir fry for 30 seconds. Add the eggplant and stir fry for 2 minutes, then add the sauce and fry for 1 minute more. Remove from heat and stir in **3 Tbs. Thai basil leaves**, chopped. Taste for **salt**. Mound eggplant in a bowl and garnish with **basil leaves** and **2 Tbs. black sesame seeds**, toasted.

## BURANEE BANJAN

from the *New York Times*

contributed by **Ursula Lee**

This is a popular Afghan street food. Preheat broiler. Cut **4 medium eggplant** crosswise into ½ inch slices. Select the 24 best slices (discard the rest) and sprinkle slices with **salt**. After 30 minutes, rinse and dry well. Brush slices with **2 Tbs. olive oil** and arrange on cookie sheet. Broil until lightly browned, 2-3 minutes. Don't cook them completely. In deep 12" skillet, over medium heat, sauté **3 medium onions** in **4 6 Tbs. olive oil** for 15 minutes, until reddish brown and juicy but not crisp. Remove to a plate with slotted spoon. Place 8 rounds of eggplant into the same skillet. Top with half the onions and half the slices of **3 large tomatoes**, sliced, peeled and seeded. Mix **¾ tsp. salt** and **¼ tsp. cayenne pepper** and sprinkle half over the vegetables. Repeat with another layer of eggplant, and remaining onions and tomatoes. Sprinkle with half of remaining cayenne mixture. Add **¼ c. water** and cover skilled tightly. Simmer about 30 minutes. Prepare yoghurt sauce: strain **2 c. plain yoghurt**, strained, mixed with **2 garlic cloves**, crushed, and **salt** to taste. To serve, spread half the yoghurt sauce onto the bottom of a serving dish. Top with the vegetables, lifting stacks carefully. Top with remainder of yoghurt sauce and drizzle with pan juices. Sprinkle with **fresh mint**, chopped. Serve immediately with nan or similar bread. Serves 8.

DO YOU HAVE A GREAT RECIPE TO SHARE?

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Or call Jane at 212.989.3006

## GRILLED EGGPLANT SALAD WITH STEAMED JASMINE RICE

adapted by Martha Roe Shulman

from *Seductions of Rice* by Jeffrey Alford and Naomi Duguid

contributed by **Jerry Plueneke**

Prepare a hot grill. Cut **1½ lbs. Japanese eggplant** (or 1 large globe eggplant) into ¼ inch slices. (Slice on the diagonal if using the long, thin Japanese eggplants.) Brush the eggplant with **2 Tbs. canola oil**. Grill the eggplant (turning once) until slices are slightly browned and tender all the way through. Remove to a bowl, cover tightly, and allow the eggplant to steam and eventually to cool. Coarsely chop the eggplant, and toss together with **1 large plum tomato**, diced, **¼ c. fresh mint**, finely chopped and **¼ c. cilantro**. Mix together **5 Tbs. fresh lime juice**, **2 Tbs. Thai fish sauce**, **¼ tsp. sugar** and **½-1 serrano or bird chile**, finely minced. Toss with the eggplant mixture, let sit for 30 minutes to an hour, and adjust seasoning. Top rice with eggplant mixture and serve. Serves 4. **Note:** Recipes work equally well with summer squash or zucchini.

For the rice: Place **1 c. Thai jasmine rice** in a bowl, cover with water and swirl the rice around. Drain and repeat this step two or three more times until the water runs clear. Drain, place the rice in a medium-sized, heavy saucepan, and add enough water to cover the rice by a little more than ½ inch. Add **salt** if desired, and bring to a boil. Allow the water to boil hard for about 15 seconds, then reduce the heat, cover and cook over very low heat for 15 minutes. Do not lift the lid during this time. Turn off the heat and, leaving on the lid, let stand for five to ten minutes. Remove the lid, and gently turn the rice with a paddle to bring the rice up from the bottom of the pot. Return the lid, and let stand while you prepare the eggplant.

## EGGPLANT ROLLATINI

contributed by **Ursula Lee**

Cut **1 medium eggplant**, skin on, in approx ½ inch slices. Broil or steam eggplant to make it pliable but not mushy, about 10 minutes. For the filling: Process **3 cloves garlic**, coarsely chopped, **2 anchovy filets**, **Tbs. capers**, **2 shallots**, coarsely chopped, **¼ c. walnuts** and **bread crumbs** made from 1½ medium thick slices of peasant bread, toasted and crumbled. Add **¼ c. Parmigiano cheese**, **2 Tbs. tomato paste** and **salt** and **pepper**. Add **1 Tsp. pesto** and as much **olive oil** needed to form a dry paste. Put some filling over each eggplant slice (leaving some for topping) and roll up and skewer or tie with string. Oil the bottom of a casserole, add rolls, dribble with olive oil and distribute the remaining filling over the rolls. Bake at 350°F for 30 minutes.

## RATATOUILLE

contributed by **Richard Simpson**

This oven preparation helps retain the integrity of each ingredient before the communal simmer. Place on cookie sheets **3-4 medium eggplants** (slightly smaller than your hand), cut in ½ inch dice and **3-4 zucchini/summer squash**, cut into ½ inch dice (to yield same amount as eggplant). Add **olive oil** to coat, **salt** and **pepper**, and toss. Roast in a preheated 400°F oven for 20 to 30 minutes until soft and golden brown. Remove and set aside. In a large dutch oven, heat some **olive oil** over a medium flame and add **1 medium onion**, finely diced. After 3 or 4 minutes add **8 cloves garlic**, chopped, and cook for another 3 or 4 minutes until the onion is translucent and turning golden. Add **2 red bell peppers**; roasted, peeled, seeded and cut into ½ inch dice, and then the roasted eggplant and squash. Stir gently to incorporate but without breaking the vegetables. Heat gently for 15-20 minutes to let the flavors blend together. Adjust seasoning. Add **2 Tbs. champagne** or **white wine vinegar**. Add **tomatoes** (1 pint of cherries cut in half or equivalent standards, peeled, seeded or cut into ½ inch dice). After 5 minutes, add **1-2 Tbs. balsamic vinegar**. Cook five minutes more and just before serving, stir in **1 bunch parsley**, leaves finely chopped.

## PEPPERS

### MAMA'S STUFFED PEPPERS

contributed by **Barbara DiLorenzo**

Prepare the stuffing: mix together **1 c. Pecorino**, grated, **1 c. bread crumbs**, **3 cloves garlic**, chopped, and a few grindings of **black pepper**. Drizzle enough **olive oil** so, stirring with a fork, the mixture holds together. Cut off the tops of any long **sweet pepper—cubanelle** work well—and remove the seeds as best you can. Keep the peppers whole and stuff them with the mixture. Roll peppers in olive oil to lightly coat and roast in a 350°F oven for about 25 minutes, until peppers are tender. Any leftover stuffing can be frozen or used to stuff tomatoes and onions or as a topping for baked fish.

### PICO DE GALLO

contributed by **Vivian Stein**

Toss **1 green pepper** (left whole) and **1 small chile** in **olive oil**, to coat, and add **salt** and **pepper**. Grill until charred. OR chop the peppers and sauté in oil in skillet. Cut **1 pint tomatoes** into small chunks and place in a bowl with the juice. Chop **1 small red onion**, **1 bunch cilantro** and **1 clove garlic** and add to tomatoes and toss. When the peppers have cooled slightly (chop if grilled), add to tomato mixture and toss. Add juice of  $\frac{1}{2}$  **lemon or lime**. Adjust seasonings.

## SWISS CHARD

### SWISS CHARD AND LENTIL SOUP

from *Food and Wine*

contributed by **Jerry Pluenneke**

In a medium saucepan, combine **1 c. brown lentils**, rinsed, with **4 c. water**, **4 c. chicken stock** (or low-sodium broth) and **1½ tsp. salt**. Bring to a boil, cover partially, and cook over moderately low heat until the lentils are barely tender, about 25 minutes. Meanwhile, heat the **3 Tbs. olive oil** in a large skillet. Add **1 large onion**, finely chopped, pinch of **crushed red pepper flakes**, and a pinch of **salt**. Cook over moderately high heat, stirring occasionally, until the onion is lightly browned, 7 to 8 minutes. Add **4 cloves garlic**, finely chopped,  $\frac{1}{2}$  **c. cilantro**, leaves coarsely chopped, and cook for 1 minute. Gradually add leaves of **1 bunch green Swiss chard** (1¼ lb.), ribs removed (and reserved for another use) and leaves coarsely chopped. Cook, stirring occasionally, until wilted, about 3 minutes. Add the chard to the lentils, cover partially, and simmer until thickened, about 15 minutes. Stir in **1/3 c. fresh lemon juice** and season with **salt** and **pepper**. Ladle the soup into bowls, season with **freshly ground pepper** and **olive oil** and serve.

## TOMATILLOS

### SALSA VERDE

contributed by **Erik Diamond**

Toss **10 tomatillos** and **1 small red onion** (cut in half) in **olive oil**, **salt** and **pepper** to coat. Place in a pan and broil until slightly charred. Place in blender and add **pan juices**, **cilantro leaves**, 1 bunch chopped, **2 cloves garlic**, chopped, and blend until smooth. Add 1 tsp. cumin and adjust seasonings. Try with chip or on meat, fish and chicken or a salad.

## FRESH TOMATILLO SALSA

contributed by **Jane Weissman**

Husk and wash **15-20 small tomatillos** and drop into boiling water for 1 minute. Drain and rinse with cold water. Chop and place in bowl. Add **1 small red onion**, cut in half or quarters and thinly sliced, **2 cloves garlic**, chopped, **6-8 plum tomatoes**, diced, **1 tsp. olive oil**, **1 tsp. rice wine vinegar**, **1 small Jalapeño chile**, deveined, seeded and chopped, **salt** and **pepper** to taste, and chopped **herbs** (any or a mix of cilantro, basil, parsley, chives). Let sit 20 minutes. Serve with chips, chicken, or over an herb frittata.

## COOKED TOMATILLO SALSA

contributed by **Richard Simpson**

Heat **1 tbs. canola oil** over medium heat and add **1 lb. tomatillos**, husks removed, washed to remove stickiness, and cut in half. Cook until they begin to soften. Add **1 small onion**, chopped, **1 clove garlic**, chopped, and **1-2 serrano chiles** (cut in half lengthways, remove seeds and membranes, and chop). Cook until golden brown, remove from heat and let cool slightly. Blend in food processor, adding a **handful cilantro leaves**. Add **salt** and **pepper** to taste and a little **honey** if the chile is fierce. Try with fish, corn, or potatoes

## TOMATOES

### TOMATO-CHILE CHUTNEY

contributed by **Richard Simpson**

Cut **3 lbs. plum tomatoes** in half, and place on a baking sheet. Brush on a little **olive oil** and season with **salt** and **pepper**. Roast in a 300°F oven for 2 to 3 hours, until slightly shriveled. Set aside in a pan. In a saucepan, put **1 Tbs. mustard seeds** and cook over low heat until they pop. Grind to a fine powder. Add to the tomatoes, the mustard powder and **5 oz. red wine vinegar**, **2-3 oz. ginger** (2 inches), chopped fine, **7 cloves garlic**, chopped fine, **5 medium hot red chiles**, seeded and chopped, **½ c. sugar**, **4 Tbsp. fish sauce**. Set over a low flame and cook gently for 2 hours, stirring occasionally. Keeps in the fridge for a week.

### CURRIED TOMATO AND PEACH RELISH

adapted from *Gourmet* magazine, August 2005

contributed by **Barbara DiLorenzo**

Blanch **1½ lb. peaches** and **¾ lb. tomatoes** and transfer to a bowl of ice water till cool enough to handle. Peel peaches and tomatoes. Cut peaches in half then into 1 inch pieces. Coarsely chop tomatoes. Cook **½ c. chopped red onion**, **1 Tbs. minced fresh ginger**, **1 tsp. kosher salt** in **1 Tbs. vegetable oil** in a 3 quart pot until softened, 3 to 4 minutes. Add **1½ tsp. curry powder** and cook stirring for 1 minute. Add peaches and tomatoes, any juices, **1 Tbs. sugar**, and **1 Tbs. fresh lime juice**. Simmer uncovered until mixture is thickened and peaches tender but still hold their shape, about 8 minutes. Chill covered at least 8 hours.

*Barbara writes:* This is a great accompaniment to **LOIN OF PORK**. Marinate pork overnight in **2 Tbs. molasses**, **salt**, fresh **thyme**, **lime juice** and **1-2 tsp. hot sauce**, preferably habañero. Before roasting, wipe off marinade and rub with some **cooking oil**. Roast on gas grill till temp reaches 145°F, about 25 minutes. Sear it first on hot side of grill; then finish the roast on indirect heat.

## LINGUINI WITH TOMATOES, HERBS AND ZUCCHINI

from *Food & Wine*

contributed by **Barbara DiLorenzo**

A lovely "uncooked" pasta sauce for when you're too hot or tired to cook. Combine **1 lb tomatoes**, chopped, **2 Tbs. basil**, chopped, **2 Tbs. parsley**, **2 garlic gloves**, minced, **2 tsp. kosher salt**, **1 small hot chile**, minced, **1/3 c. olive oil**, and **2-3 small zucchini**, sliced VERY thin. Let sit while **12 oz. linguine** cooks. Drain pasta and add to bowl. Toss with **1/4 c. Parmigiano-Reggiano** (plus more for serving).

## ZUCCHINI

### ZUCCHINI LATKES

recipe by Paul Grimes, from *Gourmet* magazine, December 2008

contributed by **Linda Lacchia**

Grate **3 lb. zucchini**, using medium shredding disk of a food processor. Transfer to a bowl and toss with **2 tsp. salt**. Let stand 30 minutes. Squeeze zucchini in batches in a kitchen towel to remove as much liquid as possible. Transfer zucchini to a large bowl and stir in **1 1/3 c. bread crumbs** (plain, fine, and dry), **2 eggs**, slightly beaten, **1 tsp. dried marjoram**, **1/2 tsp. salt**, and **1/4 tsp pepper**. Heat **1/3 c. canola oil** in a 12-inch heavy skillet over medium heat until it shimmers (375°F in an electric frying pan). Scoop 2 Tbs. mixture per latke into skillet (6 to 8 per batch). Tip: Use a slotted spoon to drain excess liquid. Flatten with a fork to form 2 1/2 -3 inch pancakes. Fry until golden brown, about 2 minutes per side (adding more oil as needed). Transfer to a paper-towel-lined baking sheet and keep warm in oven preheated to 200°F. Yield: 36 latkes. Serve with **sour cream**.

### ZUCCHINI, CORN & BASIL FUSILLI WITH BACON

recipe by Melissa Robera, from *Gourmet* magazine, July 2008

contributed by **Linda Lacchia**

Cook **6 slices bacon** in a 12-inch heavy skillet over medium heat, turning occasionally, until crisp. Drain on paper towels and discard drippings. Meanwhile, cook **1 lb. fusilli** in pot of boiling salted water (**3 Tbs. salt** per 6 quarts water) until very al dente. Drain, reserving **1/2 c. pasta-cooking water**. Return pasta and half the reserved water to pot and add kernels cut from **3 ears corn** and **1 1/2 lb. zucchini**, cut into 1/2 inch dice. Cook, partially covered, 2 minutes (water will stop boiling). Drain. Place pasta and vegetables in skillet and add **5-7 oz. basil pesto** and remaining cooking water and toss. Season with **salt** and top with crumbled bacon, freshly ground **pepper**, grated **Parmigiano-Reggiano**. Serves 6.

### KOLOKITHOPITA (Zucchini & Onion Pie)

contributed by **Ursula Lee**

Stack **9 phyllo sheets**, 7" x 12" (thawed if frozen), between 2 sheets plastic wrap and cover with a kitchen towel until ready to use. Sauté **1 large onion**, chopped, and **1 lb. grated zucchini** in **2 Tbs. olive oil** about 10 minutes. Transfer to bowl to cool slightly. Stir in **3/4 c. feta** (4 oz), **1 large egg**, lightly beaten, **2 Tbs. fine semolina** (or corn meal), **2 Tbs. fresh mint**, chopped, and **salt** and **pepper** to taste. Arrange 1 phyllo sheet on a work surface and brush with oil (you will need 1/3 cup in all). Transfer oiled sheet to the center of a 9" metal pie plate, allowing phyllo to overhang rim evenly. Top with 4 more sheets brushed with oil, letting corners overhang in different directions around the pie plate edge. Spoon filling into phyllo shell and smooth top. Arrange remaining 4 oiled phyllo sheets over the filling. With scissors trim phyllo overhang to 1 inch beyond rim and roll it toward center of pie to form an edge just inside rim. (Pie can be prepared to this point one day ahead and kept chilled and covered.) Bake in oven preheated to 375°F for 45 minutes or until golden. Let cool. Slice into wedges and serve as hors d'oeuvre.