

QUAIL HILL FARM E-NEWS

Recipes / September 2008

Compiled by Jane Weissman, editor of Quail Hill Farm E-News. Do you have a great recipe to share? Please send it to QuailHillNews@aol.com or call Jane at 212.989.3006.

This year's Pot Luck Supper offered many delicious dishes and Linda has been fielding requests for recipes, e.g., Green Coleslaw and Miniature Potatoes, among others. If you made these particular dishes please send recipes. Everyone else is encouraged to submit recipes, too.

CARROTS

CAROTE AL MARSALA (Carrots with Marsala)

a favorite carrot recipe, from *Italian Food* by Elizabeth David
contributed by **Sybil Schacht**

Clean about **1½ lb. carrots** and cut them in half lengthways, and then in half again. Cut out the woody part in the center if they are old carrots. Melt **1 oz. butter** in a sauté pan and add the carrots, tossing to coat. Season with **pepper**, a little **salt**, a little **sugar** and, a minute or two later, pour in **1/3 c. Marsala**. Simmer for 5 minutes and then add water to just cover the carrots. Cover pan and stew gently until the carrots are tender. Turn up the flame and let the liquid, which should already be considerably reduced, all but bubble away. The carrots should be shiny, with a little syrupy sauce. Garnish with **parsley**. *Sybil writes: Marsala with carrots may sound an unsuitable combination. Try it and see. And may I suggest, do not substitute sherry. Marsala makes them sweet and delectable*

CARROTS

contributed by **Sigun Coyle**

Cut **6 to 8 carrots** into eighths, lengthwise. Parboil for 2 minutes, then drain. Sauté **1 red onion**, thinly sliced, and a small piece of **diced fresh ginger** in **1 Tbs. olive oil** until translucent. This can be prepared a day ahead of time. Ten minutes before serving, toss carrots with cooked ginger and onion. Season with **salt** and **pepper**. Bake for 10 minutes in hot oven (375 degrees). *Sigun writes: It is delicious to add **parboiled parsnips**, prepared like the carrots.*

MORROCAN CARROT SALAD

from *Chez Panisse Vegetables* by Alice Waters
contributed by **Jane Weissman**

Taste and looks vie in this delicious, gorgeous salad that takes great advantage of the red, orange and yellow carrots grown at Quail Hill Farm. Scrub **carrots** and cut into coins. Boil until just tender in **salted water** and a crushed **garlic glove**. Drain and cool to room temperature. Toss with a little ground **cumin**, **paprika** and **salt** and a pinch of **cinnamon** and **cayenne**. Toss with **lemon juice**, **olive oil** and **chopped parsley**. Let sit for at least an hour before serving. A perfect party dish.

CUCUMBERS

TZATSIKI

contributed by **Ursula Lee**

This Greek dip is a great accompaniment to fish/lamb. Mix **2 c.yogurt**, **1 Tbs. mint**, finely chopped, **1 garlic clove**, finely chopped, **salt** to taste. Peel and grate over a colander **3 medium cucumbers** (the resulting juice is delicious with lemon, salt, and pepper). Take handfuls of the cucumber and squeeze out the moisture before adding to the yogurt. Refrigerate for a few hours to develop flavors.

CUCUMBER SOUP

From *Michael Field's Cooking School*
contributed by **Liadain Smith**

Liadain writes: This Russian recipe is not your typical cucumber soup. Don't be turned off by the sauerkraut juice which imitates the tang of vodka. (I have always wanted to try it with vodka.) Blend **2 c. sour cream**, **5 c. buttermilk** and **½ c. sauerkraut juice**. Stir in **2 medium cucumbers**, peeled, seeded and diced, **2 cloves garlic**, chopped, **salt**, **white pepper**, **3 Tbs. dill**, finely chopped, **½ cup fennel**, finely chopped or 1 tsp. powdered fennel seed, and **½ c. scallions**, finely chopped, including some green

Serve very cold in chilled bowls. A nice garnish would be cooked shrimp, cut into pieces, or hard-cooked eggs, chopped. *Notes:* You used to be able to buy a can of sauerkraut juice; now you have to buy a jar of sauerkraut and drain the juice. It is recommended to salt the diced cucumber to draw off excess water before adding it to the soup.

EGGPLANT

CAPONATA

from *Rome, at Home* by Suzanne Dunaway
contributed by **Kathy Masters**

Place **1 large eggplant**, cut in ½ inch dice, in a colander, sprinkle on **2 tsp. salt** it and wait 15 minutes, then drain and blot off remaining liquid. Heat **6 Tbs. olive oil**, sauté the eggplant until brown and crispy on the edges. Transfer to a plate. If needed, add an additional **6 Tbs. olive oil** to the pan, then **2 large onions**, **3 stalks celery**, and **1 small fennel bulb** – all chopped fine. Cook over medium heat until golden. Add **4 garlic gloves**, chopped fine, and cook another 2 minutes or so. Add the eggplant, **1 Tbs. sugar**, **1½ to 2 c. tomato sauce**, **¼ c. capers**, **2 tsp. balsamic vinegar**, and **2 Tbs. red wine vinegar**. Simmer until some of the liquid is reduced and the mixture is fairly thick and shiny, 15 to 20 minutes. Serve at room temperature. Garnish with **¼ c. toasted pine nuts** or, alternatively, shredded *basil* or *fennel frond*.

MNAZZALLEH (Eggplant, Tomatoes & Chick Peas)

from *Mediterranean Cooking* by Paula Wolfert
contributed by **Jane Weissman**

For this Arab variation on ratatouille, soak **1/2 c. dried chick peas** overnight; then drain, peel and split. (Canned chickpeas can also be used but added later in the recipe. Be sure to rinse them well and to slip off the papery skins prior to cooking.) Remove 3 vertical strips of skins from **4 medium eggplants** (1.5 lb.) and cut each into six chunks. Fry eggplant in **1/2 c. olive oil** over medium high heat until golden brown on all sides but not fully cooked. Remove with slotted spoon to a colander. Reheat remaining oil. Add **1½ c. onions**, sliced, and **½ c. water** and cook for 20 minutes until water has evaporated and onions are golden. Add **5 large cloves garlic**, chickpeas (if using dried) and **3 medium tomatoes** (peeled, seeded and chopped). Cook, stirring for a minute, then add another **1½ cups water**. Bring to boil, cover, and cook 20 minutes. Add eggplant (and, if using, the canned chickpeas) to the tomato mixture with **¼ c. parsley**, chopped, **1 tsp. salt**, **1 tsp. sugar**, **1 Tbs. fresh mint** (chopped), and a pinch of grated **nutmeg** or **cinnamon**. Simmer until eggplant is very soft, about 20 minutes. Remove from heat and allow to cool about 3 hours to mellow before serving. Garnish with another **¼ c. parsley** and **2 Tbs. cilantro**, chopped. Serves 6.

PURSLANE

Ursula Lee writes: Last week my Indian friend Usha called to say that she bought some purslane at the Union Square Greenmarket and cooked it into a delicious lentil stew. Purslane has a slight lemony flavor and is growing throughout the farm, especially in the Valley next to the Argeratum. I was weeding last week and threw out tons of it, but I filled one plastic shopping bag and saved it for her arrival at my house two days later. We prepared it two ways:

LENTILS AND PURSLANE

Wash purslane thoroughly as it hugs the soil. Discard the fleshy stems but keep the leafy outer parts and cut them into small pieces. Heat **2 Tbs. olive oil** in a large pan and add **1½ c. lentils**, soaked, and **3 c. water**. Add **½ tsp. turmeric** powder and **2 bay leaves**. Cook 15 to 20 minutes and stir in **5 to 6 c. purslane**. Cook approximately 45 minutes until lentils are soft. Meanwhile, in a small pan, bring **4 Tsp. olive oil** to high heat and add **1 Tbs. cumin seeds** and **2 cloves garlic**, chopped. When cumin seeds start "popping," add **1 Tbs. red pepper flakes**. Stir for a few seconds and add to lentils. Add salt to taste. Serve with rice.

PURSLANE RAGOUT

Heat **2 Tbs. olive oil** and add **2-3 shallots**, finely chopped, **2 Tbs. fresh ginger root**, finely chopped, and **2 cloves garlic**, minced. Cook for a few minutes and stir in **1 tsp. cumin powder**. Add **4 c. purslane**, cleaned and chopped, and **4-5 marinated sundried tomatoes**, chopped, or fresh tomatoes for a lighter flavor. Add **1 c. water** and cook until water is absorbed. Add **salt** to taste.

GREEK ISLAND CHICKPEA SALAD WITH PURSLANE AND ARUGULA (or similar greens) also contributed by **Ursula Lee**

In large mixing bowl combine **1 c. chickpeas**, cooked or canned, **1 tsp. capers**, **2-3 cloves garlic**, finely chopped, **1 scallion**, thinly sliced. Add **2 Tbs. olive oil** and **2 Tbs. lemon juice**. Mix well & season with **salt** to taste. Combine with **1½ c. arugula**, torn in pieces, and **1½ c. purslane**, with tender stems and cut into 1" lengths, or **¾ c. purslane leaves**. Mix well. Season with additional oil, lemon juice and salt. Serve immediately. Serves 4. *Note:* Purslane is best within a few days after it's harvested.

SWISS CHARD

EGG NOODLE, CHARD, AND FONTINA TORTE

from *Gourmet*, December 2006, www.epicurious.com/recipes/food/views/236689
contributed by **Linda Lacchia**

Cook **2 lb Swiss chard**, stems and center ribs discarded, in an uncovered pot of boiling salted water until just tender, about 3 minutes. Transfer to a sieve set over a bowl, extract water, and chop. Reserve cooking water. Cook **1 large onion**, finely chopped, in **3 Tsp. olive oil** over moderate heat, stirring occasionally, until softened and golden brown, about 15 minutes. Add **2 cloves garlic**, finely chopped, and cook, stirring, 1 minute. Stir in chard, **½ tsp. salt**, and **¼ tsp. pepper** and remove from heat and cool mixture. Return cooking water to a boil and cook **¼ lb. dried egg fettuccine**, uncovered, until al dente. Drain and transfer to a large bowl and toss with **1 tsp. olive oil**. Blend **8 large eggs**, **1 c. whole milk**, **2/3 c. mascarpone** (5 oz.), and **¼ tsp salt** and **¼ tsp. pepper** in a blender until smooth. Stir chard and **½ lb. Italian Fontina**, rind discarded and cut into ½ inch cubes, into pasta mixture. Add egg mixture. Pour into a 9- to 9½ inch springform pan, greased with **2 tsp.**

olive oil and wrapped outside with foil. Pat down chard to smooth the surface. Bake in the middle position of oven preheated to 375°F until just set and top is golden brown, 50 minutes to 1 hour. Cool before removing from pan. Serve immediately or at room temperature.

RAINBOW CHARD STEMS VINAIGRETTE

a family recipe handed down verbally
contributed by **Linda Lacchia**

Linda writes: Don't let the wonderful **chard stems** go to waste. Slice stems on the diagonal in 1-inch pieces and drop into boiling water for one or two minutes until al dente. Plunge immediately into ice water and drain. Combine **1/3 part white wine vinegar; 2/3 parts olive oil; some green olives; a few capers** packed in vinegar; chopped **mint** and finely minced **garlic**. Add **salt** and **pepper** to taste. Linda has "made this salad with cilantro as well as with parsley or basil. I have also made it with a Dijon vinaigrette. In the winter my grandmother baked the blanched stalks in the oven with a topping of pecorino cheese, bread crumbs, garlic and oregano liberally sprinkled with olive oil, salt and pepper.

STRING BEANS

GRILLED STRING BEANS

contributed by **Jane Weissman**

A great end-of-season preparation for those old, big beans you might not pick when harvesting. Blanch **string beans** in boiling water until they just lose their crunch. Plunge in **cold water** to stop their cooking. Toss with **olive oil** and season with **salt** and **pepper**. Slice a **red onion** and toss with **olive oil**. Put beans and onions at separate ends of a vegetable rack placed on top of your grill's regular rack. Cook, toss frequently, until onions are cooked and beans are slightly charred. Combine and add **1 Tbs. balsamic vinegar**. Toss and adjust seasoning. Serve hot or at room temperature. Garnish with shredded red basil.

TOMATOES

PANZANELLA (Tomato and Bread Salad)

contributed by **Katie Baldwin**

Use the farm's red, green and yellow tomatoes for a great looking salad. Cut a good **crusty bread** – a stale loaf is good for this – into 1-inch cubes and sauté in **olive oil** until lightly browned and crispy. Cut **6 medium tomatoes** (about 2 lb.) into large dice. Add **1 medium red onion**, chopped, and **¼ c. capers**, drained. Dress with a fruity **olive oil** and **salt** and **pepper** to taste. A splash of **red wine vinegar** is optional. Add the bread just before serving.

TOMATO JAM

from *The Slow Mediterranean Cookbook* by Paula Wolfert
contributed by **Barbara Dilorenzo**

In a 450 degree oven, roast **2 lb. paste tomatoes** on a cookie sheet for about an hour, turning occasionally, until soft and charred. Cool, peel, core, seed, and coarsely chop (do not use food processor.) Heat **1 Tbs. olive oil** until shimmering. Add tomatoes and cook over moderately high heat, stirring frequently, until all the liquid has evaporated and tomatoes are sizzling and beginning to brown, about 8 minutes. Add **4 tsp. QHF honey**, **¼ tsp. cinnamon** and **salt** and **pepper** to taste. Add **1 tsp. orange flower water** and correct seasoning. Makes 1½ to 2 cups Garnish with sesame seeds.