

SLFarms CSA Week Seventeen 2021 Recipes

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Roasted Kabocha Squash

Adapted from Nom Nom Paleo (www.nomnompaleo.com)

Total Time ~ 45 minutes

Serves 4

This is super simple, just roasting the squash brings out amazing flavor!

Ingredients:

1 medium kabocha squash

2 Tbs olive oil, avocado oil, or melted coconut oil

Salt

Freshly ground black pepper

Directions:

Preheat the oven to 400 F with the rack in the middle. Rinse the squash under running water, and dry it. (If you're gonna peel it, do so now with a sharp vegetable peeler.)

Like all winter squash, kabocha takes a sharp knife and a bit of brute force to cut up. I've found that the best way to attack it is to cut off the top and the bottom, 'cause once the flesh is exposed, cutting it in half is a breeze.

Scoop out the seeds and cut the squash into thin wedges. Toss the squash with your fat of choice and sprinkle the slices with salt and pepper.

Place the squash in a single layer on a foil- or parchment-lined rimmed baking tray and pop it in the oven.

Roast the squash for 30 minutes, flipping them over at the midpoint. The wedges are ready to eat when they're slightly crunchy on the outside and fluffy and soft on the inside.

Chunky Curried Kabocha Squash Dip

Adapted from Food and Wine (www.foodandwine.com)

Use this as a show stopping dip! Use chips or pita for this savory side.

Ingredients:

1 kabocha squash (2 1/2 pounds), halved, seeded, peeled and cut into 1-inch pieces (6 cups)
¼ EVOO
2 tsp hot curry powder
Kosher salt
Pepper
1 jalapeño, minced
2 Tbs finely chopped red onion
2 Tbs fresh lime juice
1/3 cup chopped cilantro

Directions:

Preheat the oven to 450°. On a large baking sheet, toss the squash with 2 tablespoons of the olive oil and the curry powder and season with salt and pepper.

Roast for about 20 minutes, stirring occasionally, until the squash is lightly golden and tender. Let cool to room temperature.

Scrape the squash into a medium bowl. Fold in the jalapeño, onion, lime juice, cilantro and the remaining 2 tablespoons of olive oil and season with salt and pepper.

Roasted Delicata Squash Salad with Warm Pickled Onion Dressing

Adapted from Healthy Seasonal Recipes (www.healthyseasonalrecipes.com)

Serves 4

I know we have our pickling lovers in this group, combine your efforts with your squash this week!

Ingredients:

2 medium delicata squash
3 Tbs EVOO, divided
1 ¼ tsp coarse kosher salt
½ tsp freshly ground pepper, divided
3 Tbs red wine vinegar
2 tsp honey
¼ tsp caraway seed
¼ cup minced red onion
2 cups shredded cabbage
1 large apple, finely diced
½ cup chopped celery hearts (preferably with leaves)
½ cup chopped toasted walnuts
2 Tbs Italian parsley, cut into strips (optional)

Directions:

Preheat oven to 400°F.

Cut delicata in half lengthwise; scoop out seeds and pulp. Cut lengthwise again, and then into 1/4-inch quarter-moons. Toss delicata in a medium bowl with 1 tablespoon oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper until coated. Spread out in a single layer onto a large rimmed baking sheet. Roast, stirring once or twice, until tender and darkened in spots, 16 to 20 minutes.

Meanwhile combine vinegar, honey, caraway, the remaining 3/4 teaspoon salt, and the remaining 1/4 teaspoon pepper in a microwave-safe measuring cup or bowl. Microwave until boiling-hot, 1 to 1 1/2 minutes. Remove from the microwave and stir in onion. Set aside for 10 minutes. Whisk in the remaining 2 tablespoons oil.

Toss cabbage, apple, celery hearts, the hot roasted delicata squash, and the warm pickled onion dressing in a large salad bowl. Divide among four plates and top with walnuts and parsley (if using).

Rich Creamy Potato Leek Soup with Collard Greens

Adapted from Andrea Beanman (www.andreabeaman.com)

A soup that was made for week seventeen! It's fall, which means soup every weekend in my house.

Ingredients:

1 Tbs EVOO
1 large leek, cleaned and chopped (use both white and green)
1 tsp dried thyme
2-3 garlic cloves, peeled
3-4 potatoes, peeled and chopped into quarters
4-5 cups chicken stock or vegetable stock
1 & ¼ tsp sea salt
¼ tsp freshly ground black pepper
2-3 Tbs butter
2 collard green leaves, stem removed, leaves sliced thin

Directions:

In a 3 & 1/2 to 4 quart soup pot, heat oil on medium and add chopped leeks and thyme. Saute 3-4 minutes and add a pinch of sea salt.

Add the garlic and potatoes, and an additional pinch of sea salt. Sauté all ingredients for 2-3 minutes. Add the chicken stock to the pot, as well as the remaining salt and pepper. Bring to a boil. Cover and reduce the heat to medium.

Cook 10-12 minutes or until the potatoes are easily pierced with a fork. With a large slotted spoon, remove all of the vegetables from the pot and puree in a food processor.

Spoon the puree back into the pot and mix until integrated. Add the butter and collard greens, cover and cook 3-4 minutes. Taste and season with more sea-salt if needed.

Poblano Potato Leek Soup

Adapted from Pamela Salzman (www.pamelasalzman.com)

Serves 6

Soup season has arrived and poblanos and potatoes are a great combination!

Ingredients:

2 Poblano peppers + more if desired for garnish

4 medium leeks, white and light green parts only (dark green tops can be washed and saved for making stock)

2 Tbs unsalted butter

½ large onion, chopped

2 medium Russet potatoes, peeled and cubed

4 cups chicken stock or vegetable broth

2 tsp sea salt or more to taste

½ cup unsweetened milk of choice or vegan cream cheese

optional: white pepper to taste or cracked black pepper

Directions:

Roast the peppers: over a gas flame using tongs to hold the peppers one at a time, blacken the skins lightly (don't char the living daylight out of the flesh.) Place the blackened peppers in a bowl and cover the bowl while you make the soup.

Wash the leeks: split the leeks in half lengthwise and run water in between each layer to remove any sand or grit. Pat dry and slice crosswise.

Warm a medium pot over medium heat. Melt the butter and stir in leeks and onion. Saute until the leeks are tender, about 4 minutes.

Add the potatoes, salt, and stock and bring to a boil. Lower heat to a simmer and cover. Cook until potatoes are tender, about 20-25 minutes.

In the meantime, peel the poblanos and discard the seeds. Chop the poblanos coarsely and add to the soup with the milk. Using an immersion blender, puree the soup until smooth. Or process in batches in a standard blender, taking care not to overprocess or else you will have a gummy soup.

Taste for salt and season accordingly.

Pasta with Collard Greens and Onions

Adapted from Cooking NY Times (www.cooking.nytimes.com)

Total Time ~ 35 minutes

Serves 4

Mixing greens and pasta is a great way to introduce your family to more greens!

Ingredients:

1 bunch collard greens, stemmed and washed

2 Tbs EVOO

1 medium onion, preferably a red onion, cut in half lengthwise, then sliced across the grain

Salt to taste

¼ tsp red pepper flakes (optional)

2 garlic cloves, minced, or 1/2 head green garlic, stalks and papery shells removed, sliced

Freshly ground pepper

8 to 12 ounces pasta, any shape

½ cup cooking water from the pasta

1 to 2 ounces Parmesan (to taste)

Directions:

Bring a large pot of water to a boil, salt generously and add the collard greens. Blanch for 2 minutes, then using a slotted spoon or a skimmer, transfer to a bowl of cold water and drain. Squeeze out excess water and cut crosswise into thin ribbons.

Heat the olive oil over medium heat in a large lidded frying pan and add the onion. Cook, stirring often, until it is tender and translucent, about 5 minutes, and add a generous pinch of salt, the red pepper flakes and the garlic. Cook, stirring, until the garlic is fragrant, about 1 minute, and add the collard greens and salt and pepper to taste. When the greens begin to sizzle, turn the heat to low, cover and simmer 5 minutes. Add 1/2 cup water, cover and continue to simmer for another 5 to 10 minutes, stirring often, until the greens are tender. Taste and adjust seasonings.

Meanwhile, cook the pasta. Bring the water in the pot back to a boil and add the pasta. Cook al dente, following the timing instructions on the package.

Before draining the pasta, ladle 1/2 cup of the cooking water from the pot into the frying pan with the collard greens and onions. Drain the pasta and toss with the greens. Serve, topping each serving with Parmesan to taste.

Spicy Peanut Cabbage and Chard Salad

Adapted from Honest Cooking (www.honestcooking.com)

Serves 2

Great way to sneak some extra greens in! Packed with flavor.

Ingredients:

1½ Tbs creamy peanut butter
1 Tbs rice vinegar
Juice from ½ lime
2 tsp toasted sesame oil
1 tsp tamari or soy sauce
½ tsp hot sauce
½ tsp grated ginger
½ tsp finely chopped garlic
3 Tbs water
½ cup thinly sliced purple cabbage
1 cup chopped Swiss chard greens
⅔ cup canned chickpeas
½ cup chopped red bell pepper
¼ cup shredded carrots
2 tsp sesame seeds

Directions:

In a bowl, whisk together the peanut butter, vinegar, lime juice, sesame oil, tamari, hot sauce, ginger, garlic, and water. Add the cabbage, kale, chickpeas, bell pepper, and carrots.

Toss to combine, then sprinkle sesame seeds on top.

Winter Squash and Savory Cabbage Gratin with Garlic

Adapted from Food and Wine (www.foodandwine.com)

Total time 60 minutes

Serves 6-8

Ingredients:

10 garlic cloves

¾ cup EVOO, plus more for greasing

¼ cup hazelnuts

One 2-pound butternut squash—peeled, halved lengthwise, seeded and cut into 1/2-inch-thick slices

One 1-pound Delicata squash—halved lengthwise, seeded and cut into 1/2-inch-thick slices

Kosher salt

Pepper

1 pound Savoy cabbage, cored and cut into 2-inch pieces (about 16 cups)

2 cups low-fat milk

2 Tbs cornstarch whisked with 1/4 cup water

4 ounces mild white cheddar or Fontina, shredded

3 Tbs chopped parsley

1 ½ Tbs chopped fresh sage

Directions:

Preheat the oven to 375°. In a small saucepan or skillet, cook the garlic with 1/2 cup of the olive oil over moderately low heat until the garlic is softened, about 15 minutes. Transfer the garlic to a small bowl and mash to a paste. Reserve the oil for another use.

Spread the hazelnuts in a pie plate and toast for about 12 minutes, until fragrant. Transfer to a clean kitchen towel and let cool slightly, then rub together to remove the skins. Coarsely chop the hazelnuts.

On a large rimmed baking sheet, toss the squash with 2 tablespoons of olive oil; season with salt and pepper. Arrange in a single layer and bake for about 30 minutes, until softened and golden. Leave the oven on.

Meanwhile, lightly grease eight 8-ounce ramekins or gratin dishes with olive oil and arrange on a large rimmed baking sheet. In a large saucepan, heat the remaining 2 tablespoons of olive oil. Add the cabbage, season with salt and cook over moderate heat, stirring occasionally, until wilted, 10 to 12 minutes.

Transfer the cabbage to the prepared ramekins and top with the roasted squash. In a medium saucepan, heat the milk with the mashed garlic over moderate heat until it just comes to a boil. Add the cornstarch slurry, whisking until thickened, about 1 minute. Whisk in the cheese and herbs and season with salt and pepper. Pour the sauce evenly into the ramekins. Bake in the center of the oven for about 30 minutes, until bubbling.

Turn the broiler to high. Transfer the baking sheet with the ramekins to the top rack of the oven and broil 6 inches from the heat source for about 2 minutes, until the squash is browned in spots. Sprinkle with the chopped hazelnuts and serve.

Potato and Celery Root Mash

Adapted from Epicurious (www.epicurious.com)

Serves 4-6

Combine this new CSA veggie with some potatoes for a super flavorful side dish!

Ingredients:

2 ½ pounds mixed russet, Yukon Gold, and white-skinned potatoes, peeled, cut into 2" cubes
1 1-pound celery root (celeriac), peeled, cut into ¾" cubes
1 6" piece of horseradish, peeled, coarsely grated
1 ½ cups sour cream
3 Tbs Dijon mustard
2 Tbs (¼ stick) unsalted butter
Kosher salt

Directions:

Place potatoes, celery root, and horseradish in a large pot. Add water to cover by 1". Bring to a boil, reduce heat to medium-high, and simmer until vegetables are tender, 25-30 minutes.

Drain, reserving 1 cup cooking liquid. Return vegetables to pot; add sour cream, Dijon mustard, and butter. Using a potato masher, coarsely mash vegetables. Add reserved cooking liquid by tablespoonful's if mash is too stiff. Season to taste with salt.

Braised Chicken with Celery Root and Garlic

Adapted from Epicurious (www.epicurious.com)

Total time 45 minutes

Serves 4

Super flavorful way to enjoy this root veggie, throw in some carrots or potatoes if you're nervous about introducing it to your family.

Ingredients:

3 lb chicken parts such as breasts and thighs (with skin and bone) and drumsticks

1 ¼ tsp salt

½ tsp black pepper

1 Tbs EVOO

1 Tbs unsalted butter

1 celery root (sometimes called celeriac; 1 1/4 lb), peeled with a sharp knife and cut into 3/4-inch cubes

1 head garlic, cloves separated and left unpeeled

1 ¼ cups reduced-sodium chicken broth (10 fl oz)

2 fresh thyme sprigs

Accompaniment: crusty bread

Garnish: fresh thyme

Directions:

Pat chicken dry and sprinkle all over with salt and pepper. Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown chicken, starting skin sides down, turning over once, 8 to 10 minutes. Transfer to a plate and pour off all but 1 tablespoon fat from skillet.

Add butter to skillet and heat over moderately high heat until foam subsides, then sauté celery root and garlic, stirring frequently, until celery root is browned, about 5 minutes.

Add broth and thyme and deglaze skillet by boiling, stirring and scraping up any brown bits, 1 minute. Return chicken, skin sides up, to skillet along with any juices accumulated on plate, then reduce heat and simmer, covered, until chicken is cooked through, 15 to 20 minutes for white meat, about 25 minutes for dark meat. Transfer chicken to a serving bowl as cooked and keep warm, loosely covered with foil.

When all chicken pieces are done cooking, transfer sauce and vegetables to bowl with chicken, discarding thyme.

Cinnamon Baked Apples

Adapted from Minimalist Baker (www.minimalistbaker.com)

Total time 1 hour 15 minutes

Serves 6

Great way to enjoy some of those tarter apples!

Ingredients:

6-7 medium to large apples

2 Tbs lemon juice

1 Tbs coconut oil (optional)

2/3 cup coconut sugar (or sub organic cane sugar // sub up to half with stevia to taste*)

1 ½ tsp ground cinnamon

3/4 tsp fresh grated ginger*

1 pinch nutmeg

3 Tbs cornstarch or arrowroot starch (for thickening the sauce)

3 Tbs fresh apple juice or water

1 pinch sea salt

Directions:

Preheat oven to 350 degrees F and set out a 9×13-inch (or similar size) baking dish. Peel and core apples, quarter, and use a paring knife to thinly slice lengthwise (see photo). The thinner the better! Just try to be consistent so they cook evenly.

Add to baking dish and top with lemon juice, coconut oil (optional), coconut sugar, cinnamon, ginger, nutmeg, cornstarch (or arrowroot), apple juice (or water), and a healthy pinch of salt. Toss to combine. Then loosely cover with foil.

Bake for 45 minutes (covered). Then carefully remove foil and bake for an additional 10-15 minutes or until the apples are very fork tender (especially in the center of the dish) and slightly caramelized.

Best when fresh, though leftovers keep covered in the refrigerator up to 3-4 days or in the freezer up to 1 month. Reheat in the microwave or in a 350-degree F oven (covered) until warmed through. Add a bit of water if the “caramel” sauce is too thick.

Apple Pancakes

Adapted from Delish (www.delish.com)

Total time 45 minutes

If this makes excess for you, freeze for later!

Ingredients:

1 1/3 cup all-purpose flour
1 1/2 tsp baking powder
1 1/2 tsp ground cinnamon, divided
1 Tbs granulated sugar
1/2 tsp kosher salt
4 Tbs butter, divided, plus more for cooking
1 large egg, separated
1 tsp pure vanilla extract
1 1/4 cup milk
4 large apples, peeled, cored, and finely chopped (about 5 to 6 cups)
1/2 cup dark or light brown sugar

Directions:

Mix flour, baking powder, 1 teaspoon cinnamon, sugar, and salt in a medium bowl. Melt 2 tablespoons of the butter. In a large bowl, whisk to combine egg yolk, vanilla, milk, and melted butter. Gently fold dry ingredients into wet ingredients until just combined, then fold in 1 1/2 cups of chopped apple.

In another medium bowl, using a hand mixer, beat egg white until stiff peaks form. Fold egg white into batter gently with a rubber spatula until just combined.

Make apple topping: in a small saucepan over medium heat, melt remaining 2 tablespoons butter. Add remaining apples, brown sugar, remaining 1/2 teaspoon cinnamon, and a 1/4 cup water. Cook, stirring occasionally, until apples have softened and mixture is jammy, 10 to 15 minutes.

In a large skillet over medium heat, melt 1 tablespoon butter. Pour about 1/4 cup pancake batter into pan. When little bubbles appear, about 1 to 2 minutes, flip and continue cooking until both sides are lightly golden. Repeat with remaining batter, adding more butter to pan as needed. Serve pancakes topped with apple mixture.

Apple Pear Puff Pancake

Adapted from Taste of Home (www.tasteofhome.com)

Total time ~ 30 minutes

Serves 6

You guys inspired me with these pancakes a few years ago!

Ingredients:

Pancakes:

3 Tbs butter

4 large eggs

1 cup 2% milk

1 cup all-purpose flour

1 Tbs sugar

1/8 tsp ground nutmeg

Topping:

3 tablespoons butter

3 medium apples, sliced

3 medium pears, sliced

3 Tbs sugar

Maple syrup, optional

Directions:

Preheat oven to 425°. Place butter in a 10-in. ovenproof skillet; heat in oven until butter is melted, 2-3 minutes.

Tilt pan to coat evenly with butter.

Place eggs, milk, flour, sugar and nutmeg in a blender; cover and process until smooth. Pour into hot skillet.

Bake until puffed and browned. 17-20 minutes.

Meanwhile, for topping, heat butter in a large skillet over medium heat. Add apples, pears and sugar; cook until fruit is tender, stirring occasionally, 12-15 minutes.

Remove pancake from oven; fill with fruit mixture and serve immediately. If desired, serve with syrup.

Asian Pear Galette with Cardamon Whipped Cream

Adapted from Food 52 (www.food52.com)

Total time ~2 hours 20 minutes

Serves 4

Ingredients:

Dough:

½ cup all purpose flour, plus more for rolling out dough

½ whole wheat flour

2 Tbs sugar

½ tsp kosher salt

7 Tbs unsalted butter, very cold, cut into small pieces

1 Tbs rice vinegar

Ice water, as needed

Filling and Assembly:

1 Asian pear, halved, cored and thinly sliced into half moons

3 Tbs dark brown sugar, divided

½ tsp vanilla extract

zest of 1 lemon

1 Tbs lemon juice

1 pinch kosher salt

1 Tbs heavy cream

1 Tbs turbinado sugar

Cardamom Whipped Cream recipe is at the bottom.

Directions:

Make the dough: in a bowl, mix together the flours, sugar, and salt until combined, then add the butter. Using a dough cutter or your fingers, squash and flatten the butter pieces until the flour until you have the texture of coarse meal with pea-sized (and larger) pieces throughout.

Add the vinegar and 2 tablespoons water, and mix until dough comes together into a ball. If the dough seems dry, you may need more water; add an extra tablespoon at a times until you can form a ball.

Flatten dough into a disk, wrap in plastic, and place in the fridge for at least 2 hours or overnight. When you ready to assemble, preheat the oven to 400 F.

Make the filling: In a bowl, toss together the sliced pears, 2 tablespoons brown sugar, vanilla, lemon zest and juice, and salt.

On a clean working surface or large cutting board, lightly dust with flour and roll dough out into a flat round, about 1/8 inch thick and 13 inches wide. Transfer to a parchment lined sheet pan. Place the pears in the center, shingling them over one another like fish scales, leaving behind the accumulated juices. Fold over the edges of the dough so there's about a 1 – 2 inch border. Carefully pour the juices over the center of galette (ensuring it remains within the crust). Sprinkle the remaining tablespoon brown sugar over the fruit. Brush the crust with heavy cream and sprinkle with the turbinado sugar.

Bake for 35 to 45 minutes, or until the crust has browned and the filling ins bubbling. Let sit to cool slightly.

Cardamom Whipped Cream: Use an electric mixer or whisk to whip 1 cup heavy cream, 2 tablespoons granulated sugar, ½ teaspoon vanilla and ½ teaspoon ground cardamom to medium peaks, or to your desired whipped cream texture. Serve on top of galette, once cooled but still slightly warm.