

SLFarms CSA Week Sixteen, 2022 Recipes

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How to Roast a Squash (halved)

Super simple method to roast any winter squash! Remember once this is cooked you can scoop out the squash and freeze in a freezer bag!

Ingredients:

Olive oil, salt and pepper

1 acorn squash (or winter squash of your choice)

Directions:

Preheat oven to 375 degrees F.

Using a large, sturdy knife, cut your butternut squash in half lengthwise.

Scoop out the seeds and stringy bits from each half and discard (or save for roasting).

Transfer the squash, cut-side up into a baking dish and brush with olive oil or melted butter, coating the entire surface of the squash.

Season with salt and pepper and brown sugar (if desired).

Roast in the oven for approximately 45 minutes, or until soft, and fork-tender.

Remove from oven and allow to cool. Scoop flesh from the skin and enjoy plain or in your favorite recipes.

Potato and Celery Root Mash

Adapted from Epicurious (www.epicurious.com)

Serves 4-6

Combine this 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 tablespoons 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.

Celery Root and Sweet Potato Hash

Adapted from Bon Appetit (www.bonappetit.com)

Serves 4

Throw some eggs on top and make this a complete meal!

Ingredients:

1 large celery root (celeriac), peeled, cut into ¾-inch pieces
1 pound sweet potatoes, peeled, cut into ¾-inch pieces
2 sprigs thyme
1 bay leaf
1 cup low-sodium chicken broth
3 Tbs EVOO
¼ tsp cayenne pepper
1 red onion, sliced
1 garlic clove, thinly sliced
Kosher salt, freshly ground pepper
5 slices bacon, cooked, crumbled
Chopped fresh chives (for serving)

Directions:

Cook celery root, sweet potatoes, thyme, bay leaf, chicken broth, oil, and cayenne pepper in a large nonstick skillet over medium-high heat, tossing occasionally, until vegetables are just beginning to soften and liquid is evaporated, 15–20 minutes.

Add onion and garlic; season with salt and black pepper and cook, tossing often and scraping up any browned bits, until vegetables are tender, 30–35 minutes. Remove thyme and bay leaf and toss in bacon. Serve topped with chives.

Garlic Bok Choy with Shallots

Adapted from The Forked Spoon (www.theforkedspoon.com)

Total Time ~ 10 minutes

Serves 6

This is super simple, serve it grilled salmon for one of my favorite combinations.

Ingredients:

1 Tbs oil

5 cloves garlic, minced

2 shallots, minced

2 pounds baby bok choy, halved or quartered

2 Tbs soy sauce

1 tsp sesame oil

1 tsp crushed red pepper (optional)

Directions:

Add the oil to a large wok or skillet over medium-high heat. Swirl to coat the entire surface of the pan. Add the garlic and shallots, stirring continuously for 1-2 minutes, or until fragrant.

Add the bok choy, soy sauce, and sesame oil. Toss to coat and cover. Cook for 1-2 minutes, uncover and toss, and then cover and continue to cook until bok choy is cooked to desired doneness (approximately 3-5 minutes more).

Sprinkle with crushed red pepper and serve immediately. Enjoy!

Bok Choy Salad with Sesame Soy Sauce

Adapted from Running to the Kitchen (www.runningtothekitchen.com)

Total time ~10 minutes

Serves 3-4

Don't feel like cooking? Try this great, easy salad!

Ingredients:

4 baby bok choy, washed and thinly sliced

1 carrot, thinly sliced or peeled

2 stalks of celery, thinly sliced

1 red pepper, thinly sliced

2 ½ Tbs EVOO

1 Tbs sesame oil

1 Tbs rice wine vinegar

1 tsp soy sauce

1 tsp agave (or honey)

salt & pepper

sesame seeds

Directions:

Combine all vegetables in a large bowl.

Whisk together dressing ingredients (olive oil through salt & pepper) and pour over vegetables.

Toss well to fully dress the salad.

Garnish with sesame seeds.

Apple Bok Choy Salad

Adapted from Epicurious (www.epicurious.com)

Serves 4

Love, love this salad with fresh apples. It uses raw bok choy, which is a nice change for fall! Bonus is that it's super simple. Add some chicken or protein to make it a main dish.

Ingredients:

6 cups finely chopped bok choy
1 large apple, shredded
1 large carrot, shredded
½ cup chopped red onion
½ cup unsweetened soy, hemp, or almond milk
½ cup raw cashews or ¼ cup raw cashew butter
¼ cup balsamic vinegar
¼ cup raisins
1 tsp Dijon mustard

Directions:

Combine bok choy, apple, carrot, and chopped onion in a large bowl.

Blend plant milk, cashews, vinegar, raisins, and mustard in a food processor or high-powered blender. Add desired amount to chopped vegetables.

Ginger Garlic Soup with Bok Choy

Adapted from The Forked Spoon (www.theforkedspoon.com)

Total Time ~ 30 minutes

Serves 2-3

It's officially soup season and I'm loving it!

Ingredients:

1 Tbs olive oil
3 shallots, diced
1 bunch green onions, chopped, green and white divided
4 cloves garlic, minced
2 Tbs ginger fresh, minced
5 ½ cups chicken or vegetable broth
2 whole star anise
2 Tbs soy sauce (or coconut aminos)
10 oz crimini mushrooms, sliced
6 oz rice noodles
1 ½ heads bok choy, roughly chopped
sesame seeds for garnish
red pepper flakes for garnish

Directions:

Heat 1-2 tablespoons olive oil in a medium-sized stockpot over medium heat.

To the oil add the diced shallots and mix well. Cook over medium heat for 4-5 minutes, or until the shallots turn translucent and start to soften. Stir often.

Chop the end off of each green onion- dividing the white part from the green part. Chop and set aside the green part for topping. Meanwhile, finely chop the white part of each green onion.

Add the white part of the green onions, minced garlic, and ginger to the shallots and mix. Cook, stirring occasionally, for 1-2 minutes or until garlic and ginger is fragrant.

Carefully pour the chicken stock into the pot and bring to a simmer. To the pot add the star anise and soy sauce. Cover and continue to simmer for 10 minutes.

Remove lid from the pot and carefully remove and discard each star anise from the soup.

Add the sliced mushrooms, uncooked noodles, and bok choy to the pot and simmer for 5-8 minutes, or until noodles and bok choy are tender. Season to taste.

Divide soup between bowls and garnish with sesame seeds, the green parts of green onions and red pepper flakes (if desired).

Seared Steak Lettuce Cups

Adapted from Epicurious (www.epicurious.com)

Serves 16

A different spin on your traditional lettuce cups! Great way to enjoy that crisp romaine.

Ingredients:

¼ cup finely chopped English hothouse or Persian cucumber
¼ cup thinly sliced scallions
1 ½ Tbs fresh lime juice
1 tsp finely grated peeled ginger
½ tsp kosher salt, plus more
1 (8-oz) flank steak
¼ tsp chili powder
16 small crunchy inner leaves of butter lettuce, romaine, or endive
2 Tbs chopped salted roasted peanuts
2 Tbs thinly sliced fresh mint leaves
Sweet Asian sauce as garnish

Directions:

Combine cucumber, scallions, lime juice, and ginger in a medium bowl. Season to taste with kosher salt and set aside.

Heat a grill pan or a lightly oiled cast-iron skillet over high heat. Season steak with 1/2 teaspoon salt and 1/4 teaspoon chili powder. Grill steak, turning once, until charred on both sides, about 8 minutes for medium-rare.

Transfer to a cutting board and let rest for 10 minutes.

Arrange lettuce leaves on a large platter. Thinly slice steak against the grain, then cut slices crosswise into 1" pieces. Add steak to cucumber mixture and toss to mix. Season to taste with salt and more lime juice, if desired.

Divide steak salad among lettuce cups; garnish with peanuts and mint leaves. Drizzle with Asian sweet chili sauce.

Asian Beef, Broccoli and Cabbage Stir Fry

Adapted from Julia's Album (www.juliasalbum.com)

Serves 4

Super easy way to use a lot of veggies up! Throw in some greens if needed or some carrots!

Ingredients:

1 Tbs EVOO

½ pound ground beef

½ head cabbage, finely chopped

4 garlic cloves, minced

1 cup broccoli, cooked, finely chopped

¼ cup tamari sauce (use less if using regular soy sauce)

½ tsp ginger

1 Tbs sesame oil

¾ cup water

1 Tbs cornstarch

Directions:

Prep the Heat olive oil in a large skillet on medium heat. Add ground beef and cook until cooked through. Drain any fat or liquid.

To the same skillet, add chopped cabbage and garlic. Cook until cabbage is tender and reduces in volume. Stir in cooked (or blanched) broccoli.

Add tamari sauce, ginger, and sesame oil and stir to combine - on medium heat.

In a small bowl, combine ¾ cup water with 1 tablespoon cornstarch - and mix it in the bowl until smooth.

Add the corn starch water to the skillet, mix with cabbage and cook on medium heat until heated through and sauce somewhat thickens, constantly stirring.

Season with salt if necessary.

Roasted Squash with Sesame Seeds and Cumin

Adapted from Martha Stewart (www.marthastewart.com)

Total time 45 minutes

Serves 6

Acorn squash is one of my favorite roasted squashes, try it with some cumin for something different!

Ingredients:

3 T sesame seeds

1 ½ tsp cumin seeds

2 small acorn squashes (about 1 pound each), halved, seeded, and cut into 1-inch wedges

1 tsp ground coriander

Coarse salt and freshly ground pepper

3 T EVOO

Directions:

Preheat oven to 400 degrees. Toast sesame seeds in a small skillet over medium-high, shaking pan frequently, until golden brown, 1 to 2 minutes.

Add cumin seeds and toast until fragrant, about 30 seconds more. Transfer seeds to a small bowl; let cool.

Toss squashes with coriander, 2 teaspoons salt, 1/4 teaspoon pepper, and oil on a rimmed baking sheet. Spread in a single layer; roast 15 minutes.

Add sesame mixture and toss to coat, then flip slices. Roast until squashes are tender and golden brown, about 15 minutes more; serve.

Acorn Squash Lasagna

Adapted from Martha Stewart (www.marthastewart.com)

Total time 1 hour 25 minutes

Serves 4

Tired of your usual lasagna? Try this fall spin on this favorite dish!

Ingredients:

Olive oil, for baking dish

4 cups pureed acorn squash (roast and puree without skin)

½ tsp dried rubbed sage

Coarse salt and ground pepper

1 container (15 ounces) part-skim ricotta cheese

1 cup grated Parmesan cheese

8 no-boil lasagna noodles, half of an 8-ounce package

Directions:

Preheat oven to 400 degrees. Brush an 8-inch square baking dish with oil; set aside. In a medium bowl, mix squash puree with sage, 1 1/2 teaspoons salt, and 1/4 teaspoon pepper. In another bowl, mix ricotta with 1/2 cup Parmesan, 1 teaspoon salt, and 1/4 teaspoon pepper. Set aside.

Lay 2 lasagna noodles in the bottom of prepared dish; spread with half the squash mixture. Layer with 2 more noodles, and spread with half the ricotta mixture. Repeat layering with remaining noodles and mixtures. Sprinkle top (ricotta mixture) with remaining 1/2 cup Parmesan.

Cover baking dish with foil; place on a rimmed baking sheet. Bake until lasagna is heated through, about 45 minutes; remove foil, and continue baking until golden on top, 20 to 25 minutes more.

Crock Pot Apple Pear Cider

Adapted from A Saucy Kitchen (www.asaucykitchen.com)

Total time ~8 hours

This cider screams fall! Definitely a people pleaser!

Ingredients:

4 medium pears, any type

4 medium apples, any type

1 orange

3 cinnamon sticks

2-3 star anise

2-3 slices of fresh ginger

1 whole nutmeg

2 tsp whole cloves

6 cups filtered water

1/3 cup maple syrup (or sweetener of your choice)

Directions:

Wash the apple, pears, and orange and cut them into quarters. Don't worry about removing the stems, seeds, and peels because you will strain it all out later. Place the fruit in the bottom of your slow cooker along with the cinnamon sticks, star anise, ginger slices, nutmeg and cloves.

Add the water to the crock pot making sure to leave about 1/2 inch of space at the top of the pot. Cook on high heat for 3-4 hours or on low heat for 6-8 hours.

An hour before the cider is done cooking, use a potato masher to mash the fruit. Cook for another hour.

Strain the cider through a fine-mesh strainer or cheese cloth into a clean pitcher or pot. Stir in the maple syrup or your alternative sweetener until it is dissolved and serve hot or wait for it to cool and add ice.

Crock Pot Apple Butter

Adapted from My Frugal Adventures (www.myfrugaladventures.com)

Serves 8

If you've never made apple butter this is a VERY easy way to start!

Ingredients:

6 apples of your choice

1 Tbs cinnamon

squeeze of lemon juice

¼ cup water

¼ cup sugar

¼ cup brown sugar

Directions:

Core the apples and give them a rough chop. Place in slow cooker. Add cinnamon, water and both sugars, gently stir.

Close the lid and let this cook away for about 4½ hours on low. Check it periodically to make sure it is still moist and the apples are not dried out. Add more water as needed.

Remove from Crock Pot after 4½ hours and place in a food processor or blender. Add a squeeze of lemon juice if you like.

Puree until smooth. Enjoy!

