

SLFarms CSA, Week Seventeen, 2023 Recipes

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Roasted Autumn Frost 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 autumn frost 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, this one 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 Autumn Frost 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 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.

Carrots with Shallots, Sage, and Thyme

Adapted from Epicurious (www.epicurious.com)

Total time 25 minutes

Serves 8

I love shallots and carrots together, one of the best combos! Sub some onions if needed!

Ingredients:

3 pounds carrots, peeled

1 cup chicken stock or chicken broth

½ pound shallots, thinly sliced

½ stick unsalted butter

¼ cup chopped sage

1 Tbs finely chopped thyme

¼ tsp grated nutmeg

Directions:

Cut carrots into 3-by 1/2-inch sticks.

Bring stock to a boil with 3/4 teaspoon salt and 1/2 teaspoon pepper in a 12-inch heavy skillet. Add carrots and simmer, covered, until just tender, about 15 minutes.

Remove lid and boil until most of liquid has evaporated, about 5 minutes. Transfer carrots to a bowl and wipe out skillet.

Cook shallots in butter with 1/2 teaspoon each of salt and pepper in skillet over medium heat, stirring occasionally, until golden- brown, about 6 minutes.

Add sage, thyme, and nutmeg and cook, stirring, until very fragrant, 1 to 2 minutes.

Remove from heat and return carrots to skillet, tossing to coat. Season with salt and pepper.

Pasta with Kalette 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 kalette 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 greens. Blanch for 1 minute, 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 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.

Kale, Potato and Carrot Curry

Adapted from Meatless Monday (www.meatlessmonday.com)

Serves 2-4

Great way to use a lot of veggies in a filling dish! It also uses a large of variety of spices, great for your palate and your health!

Ingredients:

1 Tbs coconut oil or EVOO
2 tsp ground coriander
1 tsp ground cumin
1 tsp ground turmeric
1 small onion, peeled and finely chopped
1 medium green chili pepper, deseeded, finely chopped (use less if you prefer less hot curry)
2 large garlic cloves, peeled and crushed
2 tsp finely chopped fresh ginger roots
4 carrots, peeled and diced (1 ½ cups of diced carrots)
2 cups peeled and diced potatoes
2 cups chopped kale (stems removed, leaves chopped)
1 cup coconut milk
2 cups water
salt and pepper

Directions:

In a wok or cooking pot over high heat, heat 1 tablespoon of coconut oil or olive oil. Stir in the ground coriander, cumin and turmeric, and cook for a few seconds, until fragrant.

Add the onion, chili pepper, garlic and ginger, and cook stirring often for 1-2 minutes.

Add the carrot, potato and kale, and cook for about 6-7 minutes stirring frequently, until the kale has wilted.

Cover with coconut milk and water, add salt and pepper, and stir well. Bring to a boil, reduce the heat to medium-high heat, and simmer covered for 30 minutes, until the potato is cooked through and tender.

Taste, and add more salt and pepper if needed. Remove from the heat, and let it stand for 5 minutes before serving.

Serve with naan bread or rice.

Tuscan White Bean and Kalette Soup

Adapted from Solid Good Eats (www.solidgoodeats.com)

Serves 6-8

It's officially soup season! Love all the options now that we are getting these fall greens and squashes.

Ingredients:

1 small to medium-sized yellow onion, diced
4 stalks of celery, cut into 1/2 inch pieces
2 large russet potatoes, peeled and diced into small squares
2 Tbs EVOO
8 cups of chicken stock or vegetable stock
One 15 oz can of white beans (Navy, Great Northern, whatever), drained and rinsed
Kalette greens, cleaned and cut into small pieces (use as many leaves as you like)
1 tsp garlic powder
1 tsp Murals Seasoning from Penzeys (OPTIONAL, you could substitute with any oregano/parsley/rosemary/thyme mix)
2 cups of ditalini
Salt and pepper

Directions:

In a large pot, heat up the olive oil over medium-high heat. Add in the diced onion, celery and potatoes and cook for about 5 minutes.

While your veggies are heating up, grab a smaller pot and fill it with water for your ditalini. Bring the water to a boil and drop the ditalini – cook to package directions.

Add the beans, garlic powder, Murals seasoning and chicken stock to your onions, celery, and potatoes. Bring to a boil and cook for 10 minutes.

Check the potatoes and make sure they're cooked through. Add the kalette and season with salt and pepper. Depending on the stock you used, the amounts of salt will differ. Go with your gut and your taste buds.

Add ditalini to your bowl of pasta when you serve it – this keeps the ditalini from being too mushy when you store the leftovers.

Fried Celery Root Steaks with Citrus and Horseradish

From Josh McFadden

Serves 4

Josiah made this for us the other day – minus the horseradish!

Ingredients:

1 large celery root, peeled and cut into ½ inch steaks
EVOO
Kosher salt and freshly ground pepper
1 c. all purpose flour
1 egg, beaten
1 ¾ c. panko
½ t. ground coriander
1 cup mixed citrus (oranges, Meyer lemon, blood orange)
½ cup lightly packed chopped parsley
¼ c. pepperoncini

Directions:

Heat oven to 400 F.

Brush celery root steaks with olive oil, season with salt, and spread in a baking sheet. Roast until tender 15 minutes. Let cool.

Toss coriander and panko in a small bowl together.

Set up a pie plate with flour. Fill a shallow bowl with an egg. Set the panko bowl nearby. Prep a wire rack and a tray with paper towels. Dip the celery root steak into the flour and then the egg. Dredge through the panko until fully coated. Transfer to rack and continue with all the steaks.

Pour ¼ inch of oil into a medium skillet and heat. Add as many steaks as will fit and cook, turning once, until both sides are browned, 3 minutes per side. Drain on paper towels.

Toss the citrus with the parsley and pepperoncini. Season with salt and pepper. Arrange celery root steaks on plates and top with salad. Grate horseradish over it all if desired. Serve with steaks hot and crisp.

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 tablespoonfuls 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.

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 1-2 pound butter baby 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.

Garlic Roasted Radishes

Adapted from The Real Food RDs (www.therealfoodrds.com)

Total time ~25 minutes

Serves 4

Roasted radishes are amazing! They become more “potato like” when cooked!

Ingredients:

4 cups radishes, trimmed and halved (~3 cups halved)

4 garlic cloves, minced

2 Tbs butter or ghee, melted (*sub coconut oil for vegan-friendly*)

½ tsp sea salt

¼ tsp pepper

Optional fresh parsley, dill or chives

Directions:

Preheat oven to 400 degrees. Line baking sheet with foil and set aside.

In a bowl combine all of the ingredients and toss until radishes are evenly coated with the melted butter or ghee.

Place radishes cut side down on baking sheet.

Bake for 14-16 minutes or until slightly golden brown.

Garnish with parsley, dill or chives and serve.

Radish and White Bean Salad

Adapted from Bon Appetit (www.bonappetit.com)

Total time ~15 minutes

Serves 6

Don't let the anchovy's scare you! You can always leave them out! I love the radish and white bean combo! This is a great salad to make ahead of time, the taste improves with time.

Ingredients:

2 anchovy fillets packed in oil, drained (or make without)

¾ cup extra-virgin olive oil

2 Tbs drained capers

2 ½ cups (packed) fresh flat-leaf parsley leaves, divided

¼ cup (or more) white wine vinegar

Kosher salt, freshly ground pepper

1 bunch radishes, trimmed, cut into thin wedges

2 scallions, thinly sliced

3 15-ounce cans cannellini (white kidney) beans, rinsed

¾ cup oil-cured black olives, pitted, quartered

Directions:

Blend anchovies, oil, capers, and 1 cup parsley in a blender until a coarse purée forms.

Transfer to a large bowl, mix in 1/4 cup vinegar, and season with salt, pepper, and more vinegar, if desired.

Add radishes, scallions, beans, olives, and remaining 1 1/2 cups parsley to bowl and toss to combine.

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.