

SLFarms CSA, Week Sixteen, 2023 Recipes

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Balsamic Onion Thyme Carrots

Adapted from Cooking Light (www.cookinglight.com)

Total time ~20 minutes

Serves 4

Super simple side dish, but loaded with flavor!

Ingredients:

1 Tbs EVOO

2 cups sliced yellow onion

Dash of baking soda

½ cup water

14 ounces carrots, cut into 1 1/2-in. pieces

2 Tbs balsamic vinegar

1 Tbs EVOO

1 Tbs chopped fresh thyme

¼ tsp kosher salt

¼ tsp black pepper

Directions:

Heat 1 Tbs olive oil in a skillet over medium-high. Add onion and baking soda; cook 10 minutes.

Add water and carrots to pan; bring to a boil. Reduce heat and simmer, partially covered, 6 minutes.

Increase heat to medium-high; cook, uncovered, 4 minutes or until liquid evaporates.

Add vinegar, 1 Tbs olive oil, thyme, salt, and pepper. Stir well, serve warm.

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

Cook shallots in butter with 1/2 teaspoon each of salt and pepper in a 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 Kale 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 kale 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 for 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.

Crispy Jalapeno Garlic Potatoes

Adapted from Pati Jinich (www.patijinich.com)

Total Time ~ 2 ½ hours

Serves 4

Love the perfect roasted potatoes and these have a kick!

Ingredients:

3 pounds small potatoes, cut into bite size chunks

5 Tbs EVOO, divided

1 ¼ tsp sea salt, divided, more to taste

7 cloves of garlic, pressed or finely chopped

1 jalapeno, stemmed and finely chopped (keep the seeds)

Directions:

Set a rack on the upper third of the oven and preheat to 425 degrees Fahrenheit.

Place the potatoes in 9"x13" baking dish. Toss with 3 tablespoons of the olive oil and a teaspoon of the salt. Roast for 45 minutes.

In a small bowl, combine the remaining 2 tablespoons olive oil with the garlic, jalapeño, and the remaining ¼ teaspoon salt, mix well.

After 45 minutes, remove potatoes from the oven and toss with the jalapeño mix, scraping the bottom of the baking dish as you do.

Mix well and place back in the oven for another 35 minutes, flipping and scraping once in between, until completely crisped up. Serve.

Parmesan Roasted Romanesco

Adapted from Family Style Food (www.familystylefood.com)

Total time ~30 minutes

Serves 4

Great way to enjoy this one, you could also mix in cauliflower and broccoli if you wanted a variety!

Ingredients:

2 heads (1.5 kg) romanesco cauliflower, approximately 2³/₄-3 pounds total, untrimmed (to yield 7-8 cups florets)

¼ cup EVOO

½ tsp kosher salt

1.2 tsp freshly ground black pepper

1 clove garlic, grated or finely chopped

2 Tbs parsley, chopped

¼ cup grated parmesan cheese

Directions:

Preheat the oven to 425 degrees.

Trim off the base of the Romanesco and remove any tough or damaged leaves. Reserve smaller tender leaves. Slice into quarters (or eighths, if the heads are large). Break off the florets with your hands. Roughly chop the tender inner stems and tender leaves.

Transfer the Romanesco to a rimmed sheet pan large enough to hold it without crowding (15"x10" is a good size). Add the olive oil, salt and pepper and toss to combine. Spread the pieces out in one layer.

Roast 10 minutes. Add the garlic to the pan, and stir the pieces around. Continue roasting 10-15 more minutes, until the florets are tender and the edges are browned.

Remove from the oven and sprinkle the cheese and parsley over the Romanesco. Transfer to a platter and serve.

Pan Roasted Romanesco with Hazelnuts and Crispy Bits

Adapted from Bon Appetit (www.bonappetit.com)

Total time ~30 minutes

Ingredients:

1 medium head of Romanesco or cauliflower (about 2 lb.), trimmed

Kosher salt

2 Tbs EVOO, plus more for drizzling

2 Tbs unsalted butter

¼ cup skin-on or blanched hazelnuts, coarsely chopped

2 garlic cloves, thinly sliced

½ cup chopped parsley

2 tsp white wine vinegar

Flaky sea salt

Lemon wedges (for serving)

Directions:

Heat oil in a Preheat oven to 400°. Stand Romanesco on its stem and cut it from top to bottom into 1"-thick slabs. Don't worry about the outer edges that may crumble or smaller florets that break away; nudge those into a pile along with any nice-looking leaves. Cut loose bits into ½" pieces; season bits and Romanesco steaks with kosher salt.

Heat a large cast-iron skillet over medium-high. Add 2 Tbsp. oil and slip Romanesco steaks into pan—puzzle them together so they don't overlap; work in batches if needed. Cook, rotating skillet periodically for even browning, until dark brown underneath, about 5 minutes. Turn and drizzle a bit of oil over second sides and into empty areas of pan. Scatter chopped pieces of Romanesco into spaces between steaks and toss gently to coat with oil (add more if needed).

Transfer pan to oven; roast Romanesco until a tester inserted into stems slips through without much effort, 15–18 minutes. Steaks should be firm enough to still hold together without being crunchy.

Transfer steaks to a platter. Return pan with loose pieces of Romanesco to medium-high heat. Add butter, hazelnuts, and garlic, and cook, stirring, until everything is toasted and crisp around the edges, about 4 minutes. Add parsley and vinegar and stir up any browned bits. Spoon over steaks and season with sea salt. Serve with lemon wedges.

Creamy Radish Soup

Adapted from Eating Well (www.eatingwell.com)

Total time ~30 minutes

Serves 4

Make this ahead and store in the fridge for up to 3 days! It's a great light soup!

Ingredients:

2 T EVOO

2 cups sliced radishes (from 2 bunches), divided

½ cup chopped onion

1 medium Yukon Gold potato (about 8 ounces), peeled and cut into 1-inch cubes

2 cups milk

½ tsp salt

¼- ½ tsp white or black pepper

¼ cup reduced-fat sour cream

1 T chopped fresh radish greens or parsley

Directions:

Heat oil in a large saucepan over medium-high heat. Add 1¾ cups radishes and onion and cook, stirring frequently, until the onions are beginning to brown and the radishes are translucent, about 5 minutes. Add potato, milk, salt and pepper to taste. Bring to a boil, stirring occasionally.

Reduce heat to a simmer, cover and cook, stirring occasionally, until the potato is tender, about 5 minutes more. Working in batches, puree the mixture in a blender (or in the pan with an immersion blender) until smooth. (Use caution when pureeing hot liquids.)

Slice the remaining ¼ cup radishes into matchsticks. Serve each portion of soup topped with 1 tablespoon sour cream, some radish matchsticks and a sprinkling of radish greens (or parsley).

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 Kale 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
Kale 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 kale 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.

Crispy Breakfast Hash with Bacon and Potatoes

Adapted from Barefeet in the Kitchen (www.barefeetintheKitchen.com)

Total time ~ 30 minutes

Great way to get some veggies in the morning, you could also finely chop some of those kale greens and add them in!

Ingredients:

5 strips of bacon sliced into ½ – 1 inch pieces

4 medium potatoes diced into tiny pieces, about ½ inch

1 medium onion, chopped

1 large bell pepper, chopped

4 ounces white mushrooms, sliced

1 ½ tsp salt

1 tsp black pepper, divided

Optional: Eggs cooked to your preference

Directions:

In a large skillet, over medium high heat, cook the bacon and then drain on a paper towel. Drain the grease from the skillet, leaving just a teaspoon or two in the pan. Add the onion to the pan and cook for a few minutes, until it has softened.

Add the potatoes to the skillet, season with 1 teaspoon salt and 1/2 teaspoon pepper and then stir. Press into the bottom of the pan and let cook undisturbed for 5-6 minutes. Stir and repeat 2-3 times until the potatoes are soft and slightly crispy and the onions are browned and crisp on the edges.

Add the peppers to the skillet, stir and cook a minute or two, until they start to soften. Add the mushrooms, stir and season with the remaining salt and pepper to taste. Cook until the mushrooms are tender and then serve topped with a soft egg if desired. Enjoy!

Fresh Pumpkin Pie

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

Makes 8 servings

This is real pumpkin pie!

Ingredients:

1 medium pie pumpkin

Pastry for single-crust pie (9 inches)

2 Eggs

$\frac{3}{4}$ cup packed brown sugar

1 tsp ground cinnamon

$\frac{1}{2}$ tsp salt

$\frac{1}{2}$ tsp ground ginger

$\frac{1}{4}$ tsp ground cloves

1 cup milk

Whipped cream, optional

Directions:

Cut pumpkin in half lengthwise; discard seeds. Place cut side down in a microwave-safe dish; add 1 in. of water. Cover and microwave on high for 15-18 minutes or until very tender (or roast in the oven).

Meanwhile, roll out pastry to fit a 9-in. pie plate. Transfer pastry to pie plate. Trim pastry to $\frac{1}{2}$ in. beyond the edge of the plate; flute edges. Set aside.

Drain pumpkin. When cool enough to handle, scoop out pulp and mash. Set aside 1- $\frac{3}{4}$ cups (save remaining pumpkin for another use).

In a large bowl, combine the mashed pumpkin, eggs, brown sugar, cinnamon, salt, ginger and cloves; beat until smooth. Gradually beat in milk.

Pour into the crust.

Bake at 425° for 15 minutes. Reduce heat to 350°; bake until a knife inserted in the center comes out clean, 40-50 minutes longer.

Cover edges with foil during the last 30 minutes to prevent over-browning if necessary. Cool on a wire rack.

If desired, pipe whipped cream around the edge of pie using a star tip. Refrigerate leftovers.

How to Roast a Pumpkin

Total time ~60 minutes

Roast your pumpkin to enjoy now, or freeze it in a freezer safe bag for later this winter!

Ingredients:

1 pie pumpkin

1 Tbs coconut or avocado oil (if avoiding oil, sub water)

1 pinch sea salt

Directions:

Preheat oven to 350 degrees F and line a baking sheet with parchment paper.

Using a sharp knife, cut pumpkin in half lengthwise (removing the top and bottom is optional). Then use a sharp spoon or ice cream scoop to scrape out all of the seeds and strings.

Brush the pumpkin flesh with oil and place flesh down on the baking sheet. Pierce skin a few times with a fork or knife to let steam escape.

Bake for 45-50 minutes or until a fork easily pierces the skin. Then remove the pan from the oven, let the pumpkin cool for 10 minutes, then scoop out and use for whatever dish you'd prefer! See text links above.

If turning into purée, simply scoop pumpkin into a high-speed blender or food processor and blend until creamy and smooth. if it has trouble blending, add a little water. But it shouldn't need it!

Baked pumpkin and pumpkin purée will keep covered in the refrigerator for up to 1 week, or in the freezer for up to 3 months.

The ORIGINAL PUMPKIN PIE

Adapted from Souffle Bombay (www.soufflebombay.com)

Total time 1 hour 15 minutes

Serves 4-5

Yes, this is baked IN THE PUMPKIN. Great dish to serve over Thanksgiving if you save a pumpkin!

Ingredients:

1 small pumpkin (4-5 inches in height and 18 inches in diameter, sugar pumpkins work great)

$\frac{3}{4}$ cup sugar

3 large eggs plus 4 egg yolks

$\frac{1}{2}$ T vanilla bean paste or vanilla extract

2 cups heavy cream

1 tsp of cornstarch

Pinch of salt

Directions:

Prepare your pumpkin by scooping out the seeds and pulp, place it on a baking sheet, do not put the top of the pumpkin (stem) on the sheet just yet.

Preheat oven to 400 degrees.

In a mixing bowl combine the sugar, eggs, and vanilla and whisk until combined.

Add the heavy cream, cornstarch, and salt and whisk until fully combined.

Pour mixture into your prepared pumpkin (allowing about $\frac{3}{4}$ of an inch space between the filling and the top of the pumpkin and begin baking it.

Bake at 400 degrees uncovered.

After 15 minutes, cover the top of the pumpkin loosely with foil (don't let it touch the top of the custard or it will stick and "ruin" the appearance) and bake for another 15 minutes.

Lower oven temp to 375, place the top of the pumpkin on the tray and continue baking for 15 minutes more.

Remove the foil and bake an additional 30 minutes or until a knife inserted into the custard comes out mostly clean.

Turn off the oven, allow the pumpkin to cool for an hour, then place it in your cold garage (loosely covered with wrap or foil) or your refrigerator and allow the custard to set for 6 hours or overnight. When ready to serve, scoop out custard into small dishes (you can scrape the sides a bit as you scoop it out if you choose to scrape off some of the cooked pumpkin for additional flavor, I am sure the Pilgrims wasted nothing).

Loaded Apple Cider Oatmeal Muffins

Adapted from How Sweet Eats (www.howsweeteats.com)

Total time ~35 minutes

Makes 12 muffins

Loaded with flavor, use your apples and or pears in these!

Ingredients:

2 honeycrisp apples, diced
3 Tbs apple cider
1 ½ cups whole wheat pastry flour
½ cup old-fashioned rolled oats
1 tsp baking soda
½ tsp baking powder
½ tsp cinnamon
¼ tsp salt
¼ tsp cardamom
1 pinch of nutmeg
1 large egg
1/3 cup loosely packed brown sugar
1 ½ tsp vanilla extract
½ cup unsweetened applesauce
4 Tbs brown butter, melted and cooled
1/3 cup apple cider

Brown Butter Apple Cider Glaze:

4 Tbs brown butter, melted and cooled
1 ½ Tbs apple cider
½ tsp vanilla extract
½ - ¾ cup powdered sugar

Directions:

Preheat the oven to 350 degrees F. Heat a small skillet over medium-low heat and add diced apples with 3 tablespoons of apple cider, and a pinch of cinnamon and salt. Cook, stirring occasionally, until the apples are soft and caramelly, about 8-10 minutes. In a bowl, whisk together flour, oats, baking soda, baking powder, salt and spices. Set aside. Line a muffin tin with liners.

In a large bowl, whisk egg and brown sugar together until smooth and no lumps remain. Add in vanilla extract, butter, apple sauce and apple cider, whisking again until smooth. Gradually add in dry ingredients, mixing until just combined. Fold in diced apples. Do not overmix! Fill each muffin liner 2/3 of the way full with batter (I use an ice cream scoop to get the muffins to be of equal size).

Bake for 15-17 minutes, or until the tops are no longer wet and become slightly golden. Top with glaze if desired!

Apple Cider Skillet Meal

Adapted from Well Plated (www.wellplated.com)

Total time ~30 minutes

Serves 4

This is a great way to use that cast iron pan!

Ingredients:

4 teaspoons EVOO, divided

1 ½ pounds boneless skinless chicken thighs (about 8, depending on size)

1 tsp kosher salt, divided

½ tsp freshly ground black pepper, divided

½ cup fresh apple cider

2 tsp Dijon mustard

3 medium firm, sweet apples, cored and cut into ½- inch slices

2 tsp chopped fresh rosemary, plus additional for serving

Directions:

Heat 2 teaspoons of oil in a large skillet over medium high. Sprinkle the top of the chicken evenly with 1/2 teaspoon kosher salt and 1/4 teaspoon pepper. Once the oil is hot and shimmering, add the chicken to the pan, top-side down. Let cook 4 minutes, then flip and continue cooking until the meat is cooked through and reaches an internal temperature of 160 degrees, 3 to 4 additional minutes. Remove to a plate and cover with foil to keep warm.

In a small bowl or large measuring cup, stir together the apple cider and mustard. With a paper towel, carefully wipe the skillet clean. Add the remaining 2 teaspoons of oil to the pan over medium high. Once the oil is hot, add the apple slices, remaining 1/2 teaspoon salt and 1/4 teaspoon pepper, and rosemary.

Cook for 5 minutes, until the apples are slightly tender and begin to turn golden. Return the chicken to the pan and pour the cider mixture over the top. Let cook for 4 to 5 minutes, until the liquid is reduced by half. Serve warm, sprinkled with additional chopped rosemary as desired.

Fresh Pear Bread

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

Makes 2 loaves

Save this for those ripe pears! Also could freeze this once made.

Ingredients:

1 small 3 large eggs, room temperature
1- ½ cups sugar
¾ cup vegetable oil
1 tsp vanilla extract
3 cups all-purpose flour
2 tsp baking powder
2 tsp ground cinnamon
1 tsp baking soda
1 tsp salt
4 cups finely chopped peeled ripe pears (about 4 medium)
1 tsp lemon juice
1 cup chopped walnuts

Directions:

In a bowl, combine the eggs, sugar, oil and vanilla; mix well. Combine flour, baking powder, cinnamon, baking soda and salt; stir into the egg mixture just until moistened. Toss pears with lemon juice. Stir pears and walnuts into batter (batter will be thick).

Spoon into 2 greased 9x5-in. loaf pans. Bake at 350° for 55-60 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes before removing from pans to wire racks.