

Two Small Farms Newsletter
Issue Number 290 - August 18th, 2004

In your box this week: Carrots, Tomatoes, Orach, Leeks, Strawberries, Romaine Lettuce, Wed = Basil; Thursday = Sorrel, mystery

Tomato Upick Days Come visit us at Mariquita Farm in Hollister and pick a few or lots of tomatoes, and basil too. Saturday August 21st 10-3pm; Thursday, August 26th from 10am-3pm, Saturday *September* 4th 10-3pm. More information:

upick days website

Can't come to the upick days but you want lots of tomatoes? We're selling our popular

15# flats of early girls for \$15.00

Call or email Katie to make an order...
csa@twosmallfarms.com or 831-786-0625

What I'd Do With the Box This Week
by David Kay

So many good things! OK, here's what I'll likely do with the box:

The *tomatoes* are so sweet and wonderful, I'll make a gazpacho. I used to use a wonderful recipe from Jesse Ziff Cool, but it was definitely a project. I've moved on to a weeknight-friendly recipe adapted from The South Beach Diet, of all things.

I've made enough pesto for one summer, so if I get *basil*, I'll save some of the tomatoes, toss them with chiffonaded basil and finely chopped Kalamata olives and a little bit of olive oil and let them sit in a bowl. Then I'll grill a fish (wild salmon or tuna are good this way). I'll spread some of the basil-tomato-olive mix on the fish in the last few minutes of cooking, and plate the rest of it under the fish. Or if I get *sorrel* instead, I'm going to try a recipe I found on Epicurious.com for Sorrel, Pea, and Leek soup.

Really, I don't see how you could make anything better with *orach* than the Orach Pasta recipe Stacy Johnson shared in the July 28th newsletter -- here it is, with minor modifications: Saute some onions (or leeks) and garlic in olive oil. Add a cup or so of chicken stock and heat to simmering. Add the orach to wilt, then add in chopped tomatoes. Stir in cooked paste (farfalle or penne) and take off the heat. Finish by stirring in pecorino. Note that tomatoes and basil go in here, too -- maybe gazpacho is another week.

I'll take some of the *carrots* and *leeks* to make chicken stock. We just need to buy celery, a bay leaf, a squirt of tomato paste, and a chicken. We cook lots with chicken breasts, so I buy the whole bird, cut it, skin it, take the breasts off, and make stock with the rest.

If I didn't get sorrel and didn't use the *leeks* in the soup, I'll make a leek tart -- it's been years since I've had one. Recipe from Chez Panisse Vegetables below. Or, if they're really thin, they're great just grilled.

Strawberries just get eaten here, or frozen and tossed in a blender with milk, protein powder, and a capful of vanilla for a breakfast shake.

Romaine is great for caesar or other salad, but I also love making lettuce cups with it. The recipe I like best is from Tamara's Kitchen, below.

Red cabbage I'll cook in a big pot, adding it with beer to diced bacon after the bacon pieces have rendered their fat. (I know, I know, but it tastes really good.)

Or, if I get *broccoli*, I'll just steam it.

My Cookbook Autobiography from Julia

I own 175 cookbooks. I actually counted them this morning. Many folks have told me they enjoy getting the recipes with the veggie box, and I occasionally feel unworthy for the job. But in fact I've been reading cookbooks just to read them, even if I'm not cooking that day, since I

was a child. I remember making the Baked Alaska from my copy of My Learn to Cookbook as a child. (see photo of this recipe below)

I know that 175 is a little over the top, but I consider it one of my guilty pleasures along with Spanish pop music and chocolate. I try to keep the collection to no more than 5 shelves, plus random cookbooks strewn about the house. I've got cookbooks on pickling, cookies, bread makers, sourdough cookery, crockpots, many vegetable & Italian cookbooks, Chinese, Japanese, Indonesian, Thai, Indian food, and a cookbook that was my grandmother's from World War 2: Coupon Cookery. That's just the beginning. The 175 number is only cookbooks: indexes of recipes around a certain topic. That number doesn't include our impressive collection of food-writing: Jeffrey Steingarten, MFK Fisher, James Beard, Anthony Bourdain, etc.

I started my babysitting career in full force at age 12 and read cookbooks in the homes where I was babysitting while the children slept. The cookbooks were far more interesting than the abundant 70's self help books! I remember my first taste of dijon mustard: it was at Eileen and Jim's house. I made a sandwich and applied mustard as we did with the French's Yellow everyday at our house. This mustard wasn't nearly as bright yellow but the jar said mustard so I ate the sandwich... WOW. After the initial nasal shock I realized how good it was, and I've not looked back since.

I sat down to write about my cookbook collection, and I'll try to keep it relatively brief. Maybe in a future article I'll write about some of my travel food experiences, like making a crab feast in a dorm room in Beijing, eating sate ayam on my first day in Indonesia, or those fried sardines with house wine truly made at the restaurant in Spain.....

Coupon Cookery
(more Photos: are in the e-letter)

www.ladybugletter.com

Recipes from David and Julia

The 4 recipes that David mentioned in his What I'd do with this week's box blurb:

Gazpacho (based on The South Beach Diet)

3 1/2 C peeled, seeded tomatoes, 1/2 run through the blender, 1/2 diced
1 stalk chopped celery
1 finely chopped cucumber (peeled and seeded)
1 finely chopped red bell pepper
4 finely chopped green onions
1 finely chopped jalapeno (optional)
3 T white wine vinegar
2 T olive oil
1 clove garlic, minced
2 T finely chopped Italian parsley
1/2 t Worcestershire sauce
dash Tabasco (optional)
salt and pepper to taste

Combine ingredients. Cover and refrigerate overnight.

Sorrel, Pea, and Leek Soup (from Epicurious.com)

3 leeks, white and pale green sections, chopped and washed
1 1/2 T Olive Oil
1 small boiling potato
1 1/2 C chicken broth / stock
1 1/2 C cold water
1/2 C shelled fresh or thawed frozen peas
1/4 # sorrel, stems discarded and leaves washed, spun dry, and cut crosswise into thin strips
1/3 C sour cream
1 t fresh lemon juice, or to taste

Cook leeks in oil with salt and pepper to taste until softened. Peel potato and cut into 1 inch cubes. Add potato, broth, 1 C water to leeks and simmer, covered, until potato is tender. Stir in peas and simmer uncovered until peas are tender. Pour into blender and puree with sorrel. Whisk in sour cream and water to desired consistency. Chill. To serve, stir in lemon juice, salt, and pepper, and garnish with sorrel.

Leek Tart (based on Chez Panisse Vegetables) 3 # leeks

3 T unsalted butter
1 1/2 T water
8 sprigs thyme
Galette dough or short crust dough
1 T flour
1 egg, beaten

Trim off the roots and the green tops from the leeks. Slice the white parts in half lengthwise, and then cut them crosswise into 1/4 inch slices. Rinse well to remove all sand and dirt.

Saute leeks and thyme in melted butter and water. Cook covered over medium heat until leeks are completely tender, about 10 minutes. Roll out the pastry dough into a 12" circle on a baking sheet. Sprinkle with flour and place the leeks on top to within 1" of the edge. Fold the uncovered dough up and over the leeks, and brush it with the egg. Bake at the bottom of the oven at 400 until the crust is nicely browned. (If the top browns first, cover with foil.)

Fragrant Thai Lettuce Cups (from Tamara's Kitchen)

1 1/2# Ground chicken or pork
2 T Peanut oil
6 Shallots, minced (really)
5 cloves garlic, minced
6 Scallions, sliced thinly
2 stalks lemon grass, outer leaves removed and sliced thinly
1 T ginger, peeled and minced
1 T turmeric
4 T fine semolina
5 T fresh lime juice
2 T fish sauce (I prefer "Three Crabs" brand)
10 leaves mint, coarsely chopped
10 leaves basil, coarsely chopped
5 stalks cilantro
1/2 tsp cayenne
Romaine lettuce, top and bottom removed to make cups
Crushed peanuts

Heat the peanut oil and add the ginger, turmeric, and cayenne and stir to release the aromas. Add the shallots, garlic, lemon grass, and scallions and toss for a while until softened. Add the ground meat and cook, stirring all the time,

breaking meat apart, until cooked through and no longer pink. Stir through the fish sauce, lime juice, chopped herbs, and semolina.

Serve cups, pan contents, and chopped peanuts at the table and let people construct their own cups.

Leeks:

Leek Noodles

Ten Minute Cuisine by Green & Moine

In a wok, heat 2 tablespoons olive oil. Add 2 shredded leeks and 1 teaspoon fresh thyme leaves. Add cooked noodles of any shape (about 1 pound when uncooked) and stir-fry until heated through. Season with salt and pepper.

Mushroom and Leek Soup

2 medium leeks
3/4 pound mushrooms
2 tablespoons unsalted butter
1/4 cup dry white wine
a 14 1/2-ounce can chicken broth
1 tablespoon chopped fresh chives

Cut leeks into 1/4-inch-thick rounds. In a large bowl of cold water wash leeks well and lift from water into a colander to drain. Thinly slice mushrooms. In a 3-quart saucepan heat butter over moderately high heat until foam subsides and sauté leeks, stirring, 5 minutes. Add mushrooms and sauté, stirring, until liquid mushrooms give off is evaporated and mushrooms begin to brown. Add wine and boil 1 minute. Add broth and salt and pepper to taste and simmer 2 minutes.

Serve soup sprinkled with chives.

Makes about 3 cups, serving 2.

Gourmet

November 1998

Potato, Carrot, and Leek Soup

2 tablespoons olive oil or butter
2 cups sliced leeks (white and pale green parts

only)

1 cup sliced carrots

7 cups broth, or 4 14.5 oz. cans broth

2 pounds potatoes, scrubbed or peeled, cut into 1/2-inch pieces

Salt and pepper to taste

Melt oil or butter in heavy large pot over medium-high heat.

Add leeks and carrots and sauté until leeks are translucent, about 7 minutes. Add broth and potatoes

and bring to boil. Reduce heat to medium-low.

Simmer soup until potatoes are very tender, about 25

minutes. Working in batches, purée soup in blender, or use an immersible blender if you have one.

Return to same pot. Rewarm soup if necessary. Season with salt and pepper. Serves 8.

more leek recipes:

SORREL VICHYSOISE

from Gourmet May 1992

1 cup finely chopped white and pale green part of leek, washed well (or several green onions)

1/2 cup finely chopped onion

2 tablespoons unsalted butter

1 pound boiling potatoes

4 cups chicken broth

2 cups water

1/2 pound fresh sorrel, stems discarded and shredded coarse

1/2 cup heavy cream(I used milk successfully)

1/4 cup snipped fresh chives, or to taste

In a large saucepan cook the leek and the onion with salt and pepper to taste in the butter over moderately low heat, stirring, until the vegetables are softened, add the potatoes, peeled and cut into 1-inch pieces, the broth, and the water, and simmer the mixture, covered, for 10 to 15 minutes, or until the potatoes are very tender. Stir in the sorrel and simmer the mixture for 1 minute. Purée the mixture in a blender in batches, transferring it as it is puréed to a bowl, and let it cool. Stir in the cream or milk, the chives, and salt and pepper to

taste, chill the soup, covered, for at least 4 hours or overnight, and serve it sprinkled with the additional chives.

Split Pea Soup with Sorrel

Stir chopped fresh sorrel greens into hot pea soup just before serving.