

QUAIL HILL FARM E-NEWS

Late June 2008

RECIPES

BEETS

INDIAN STYLE BEETS

adapted from Madjur Jaffrey

contributed by **Barbara DiLorenzo**

Heat **4 to 5 Tbs. vegetable oil** in a medium sized heavy saucepan. Add **1 Tsp. cumin seeds**, whole, and let sizzle for 1 minute. Add **1 to 2 garlic cloves**, minced, and let sizzle until golden. Add **1 large onion**, coarsely chopped (Vidalia) and sprinkle with **salt** and **1 tsp. flour**. Stir and cook about 3 minutes. Add **3 to 4 beets**, peeled and cut into wedges, and **2 medium tomatoes**, peeled and finely chopped. Pour in **1¼ c. water** and bring to a boil. Turn down heat to a simmer. Cover and cook, simmering till beets are soft, about ½ hour. Take off cover and cook about 7 minutes more to thicken.

BEET GREENS WITH RAISINS AND PINE NUTS

contributed by **Jane Weissman**

Don't throw out beet greens when they are fresh and unblemished. See recipe for **SWISS CHARD** below. Trim and cut stalks into ½-inch pieces and ribbon the greens (cut across the leaf into ½-inch strips). Substitute **sherry vinegar** for the lemon juice. Serve as a side dish or mix with a bowl of **penne** and top with grated **Romano cheese**.

BOK CHOY

GRILLED BOK CHOY WITH CHICKEN

adapted from *Gourmet Magazine*, June 2008

contributed by **Linda Lacchia**

The marinade: Mince and mash to a paste **3 large garlic cloves**, add a pinch of **salt**. In a small saucepan, boil over medium heat **½ c. reduced-sodium soy sauce**, **1/3 c. dry Sherry**, and **¼ c. brown sugar**, packed, stirring occasionally until reduced to about 2/3 cup, 5 to 7 minutes. Stir in garlic paste, **1 Tbs. ginger**, peeled and finely grated, and **2 Tbs. Asian sesame oil**. Cool to room temperature. Pour half the marinade over **1½ lb. skinless, boneless chicken thighs** and refrigerate for at least three hours. Chill remainder of sauce for basting.

The bok choy: Trim **1½ lb. bok choy**, removing leaves from outer stalks; retain leaves on the more tender inner stalks. Steam bok choy about 2 minutes until tender but still crisp; plunge into ice water to stop the cooking. Drain as soon as stalks are cool and toss with **½ c. vegetable oil**.

Grilling: Cook chicken, brushing with its marinade until done. Grill the bok choy on both sides, brushing with reserved marinade, for 2 to 3 minutes. Serve chicken and bok choy with remaining marinade and accompanied by basmati rice. Serves 6.

CALENDULA

CALENDULA DIP

Before coming to Quail Hill to work as the farm's field manager, **Nikki Conzo** worked on a farm in Italy where she learned this recipe.

Finely chop equal amounts of toasted, peeled **almonds** and toasted **pine nuts** plus handful of **caledula** petals. Add **plain yogurt** to reach a desired consistency and a hint of **honey**, **balsamic vinegar**, and **salt** and **pepper** to taste. *Optional:* add **tumeric** or **saffron** for a beautiful yellow-orange color!

CARROTS

TORTA DI CAROTE

adapted from by Joyce Goldstein
contributed by **Judy Freeman**

The pastry: In a bowl combine: **2¼ c. flour**, **½ c. sugar**, **pinch of salt**. Cut in **1¾ sticks chilled unsalted butter** to consistency of coarse meal. Add **1 large or 2 small eggs**, **1 tsp. vanilla**, **1 tsp. fresh lemon juice**, **2 Tbs. cold water** and toss with fork until mixture holds together. Divide into two portions (one slightly bigger than the other), flatten into disks, cover with plastic wrap and chill for 1 hour.

The filling: Combine in heavy pot **2 lbs. sweet carrots**, peeled and grated, **1¼ c. sugar**, **1 or 2 Tbs. water**, **6 Tbs. grated ginger**. Cook over medium heat until thick, approximately 18 minutes. Let filling cool.

Assembly: Preheat oven to 375 degrees. Roll out the larger pastry disk to 11 inches diameter, 1/8 inch thick. Transfer to a 9-inch pie pan. Spoon in filling, roll out second disk, cut strips and form lattice over filling. Press edges and brush with egg wash. Bake 20-25 minutes. Cool before serving.

FAVA BEANS

FAVA BEAN AND RICOTTA CROSTINI

served at *Gottino*, a restaurant in Greenwich Village, NYC
as published in *Time Out New York*, May 22-28, 2008

Shell and blanch young **fava beans** for 30 seconds (a minute for older, bigger beans). Slip off the inner casing (use a thumbnail to open it) and mash the beans into a rough purée. Season with **fresh mint**, chopped, and **salt** and **pepper** to taste. Spread **ricotta** on **grilled Italian bread** and top with a heaping spoon of purée.

Ricotta is getting a fair amount of recent attention. See "Suddenly, Ricotta's A Big Cheese" by Julia Moskin, *New York Times*, May 28, 2008. Also see **HONEY** recipe.
<http://query.nytimes.com/gst/fullpage.html?res=9A02E3DB1331F93BA15756C0A96E9C8B63&sec=&spon=&pagewanted=1>

GARLIC SCAPES

QHF apprentice and marketing manager, **Nicole Spinelli** writes: Garlic scapes are the curly flower stems that grow on hardneck varieties of garlic. They have a mild garlic flavor and can be used in the same way one would use garlic gloves: in soups, stir-frys, salads, and more. Removing the scapes allows the plants to devote their energy to producing large bulbs rather than flowers.

GARLIC SCAPE PESTO

Nicole brought samples to the Sag Harbor farmers markets and it was “a hit.” Adapted from http://blog.washingtonpost.com/mightyappetite/2006/06/my_friend_the_garlic_scape_1.html

Place **8 or 9 garlic scapes**, top flowery part removed and cut into ¼-inch slices, a handful of **parsley** leaves and **1/3 c. walnuts** in the bowl of a food processor and whiz until well combined and somewhat smooth. Slowly drizzle in **¾ c. olive oil** and process until integrated. With a rubber spatula, scoop pesto into a mixing bowl. Add juice of **1 lemon** and **¼ to ½ c. Parmigiano Reggiano cheese**, grated, to taste. Add **½ tsp. salt** and **pepper** to taste. Yield: 6 ounces of pesto. Store in air-tight container in the refrigerator – it keeps up to one week – or freeze for winter use. For ½ pound short pasta such as **penne**, add about 2 tablespoons of pesto to cooked pasta and stir until pasta is well coated.

Variation: Looking toward the winter, **Ursula Lee** processes only the **scapes** and adds just enough **olive oil** to hold it together. She freezes it in small containers. Defrost and use on fish. For pasta, add cheese and walnuts or pignoli and salt and pepper to taste.

GARLIC SCAPES WITH ASPARAGUS AND SCALLIONS

contributed by **Jane Weissman**

Steam **12 thick asparagus spears** in salted water until a knife just pierces their flesh; do not overcook. Remove from water and set aside; they will continue to cook. In the same pan, add **1 Tbs. olive oil** and **12 garlic scapes**, the stringy ends cut off and stalks cut into 2 inch pieces. Sauté over low flame a few minutes. Add **6 scallions**, trimmed and cut into 1 inch pieces, and cook a few minutes more. Cut the asparagus into 3-inch pieces and add to pan. Toss to coat with oil and season with **salt**. Splash on **1 Tbs. fresh lemon juice**, and garnish with leaves of **purple basil**, finely sliced.

Variation with **PEA SHOOTS**: Place **garlic scapes** in frying pan with water to just cover. Bring to boil and simmer on low for a few minutes. Add **scallions**. After a minute, add **pea shoots** and cook just until wilted. Splash with **lemon juice** and season with **salt**. Garnish with **pea flowers**.

HERBS

FREEZING HERBS FOR WINTER

contributed by **Dorothy Dolan**, at the EECO benefit lunch

Dorothy reports that this simple method worked well with **dill** but read it would be effective for other herbs, too. Try it with **basil, chives, cilantro, parsley** and **tarragon**. Wash and chop herbs before packing them into the compartments of an ice cube tray. Cover herbs with water and place trays in freezer. When frozen, knock cubes into a freezer bag. Defrost the cube, dry the herbs, and proceed with the recipe. If you toss the cube(s) into sauces and soups, remember to account for the addition of some water.

GREEN GODDESS DRESSING

adapted from *The Herb Farm Cookbook* by Jerry Traunfeld
contributed by **Barbara DiLorenzo**

This lighter version of the original version, created in San Francisco at the turn of the nineteenth century, replaces mayonnaise with low-fat yogurt. Great on salads and as crudité's dip.

Puree fresh **herbs** – ½ c. **tarragon** (gently packed), ½ c. **chives** (snipped), ½ c. **parsley** (gently packed) – with **4 anchovy fillets**, **6 Tbs. lemon juice** and ½ **tsp. salt** in a processor or blender. With machine running add **4 to 5 Tbs. olive oil** in slow stream. Scrape down sides. Add ½ **cup low-fat yogurt** and process till smooth. Season with freshly ground **black pepper** to taste. Stores in fridge for 3 to 4 days.

SALSA VERDE RAPIDO

contributed by **Barbara DiLorenzo**

Use this simple salsa to enliven poached chicken or broiled fish and as an accompaniment to brown rice.

Rough chop one small bunch of **parsley**. Mince **3 Tbs. capers**, drained and rinsed. Toss both into a bowl. Dress with **olive oil** and a sprinkling of **salt**.

LITE COLE SLAW WITH DILL

adapted from *The Greek Vegetarian* by Diana Kochilas
contributed by **Barbara DiLorenzo**

Toss ½ **large head of cabbage**, finely sliced (a mandoline comes in handy here) with ½ c. **chopped dill** in a large bowl. Mix **2 cloves garlic**, minced, ¼ c. **yogurt**, ¼ c. **canola oil** and **1 tsp. grainy mustard** in a jar or whisk in a small bowl. Toss cabbage/dill mixture with dressing *only when ready to serve*; this preserves the crunch of the cabbage.

HERB MARINADE

contributed by **Jane Weissman**

In a bowl, mix together chopped **chives**, **mint**, **parsley** and **rosemary** with minced **garlic or scallions**. Bind with **1 Tbs. olive oil** and season to taste with **salt** and **pepper**. Slather on sliced *eggplant* or *tomatoes* or on *pork*, *lamb* or *chicken*. Let sit for an hour at room temperature before grilling.

HONEY

CROSTINI WITH QUAIL HILL FARM HONEY AND PIGNOLI

served at *dell'Anima*, a restaurant in Greenwich Village, NYC
as published in "Suddenly, Ricotta..." *New York Times*, 5/28/08 (see *Fava Beans* above)

Drizzle **honey** over **ricotta** spread on toasted **Italian bread**. Sprinkle with toasted **pine nuts**. Honey harvested from the farm's beehives is available for purchase at the farm shop.

PEA SHOOTS

PEA SHOOT SALAD WITH CARAMELIZED FENNEL AND GOAT CHEESE

Inspired by the salad served at the EECO Farm benefit lunch, hosted by Nick & Toni's.

Trim **fennel** and cut in half vertically, remove core, and cut horizontally in 1/8-inch slices. Sauté in **olive oil** over medium heat, tossing for 8 to 10 minutes until fennel is soft and caramelized. Season with **salt** and **pepper**. Sprinkle over **pea shoots** (look for ones in bud or flower, otherwise use the tender tops with 3 or 4 sets of leaves). Crumble **goat cheese** on top. Prepare a light **vinaigrette** – combine 1½ **tsp. sherry vinegar**, a small **shallot**, thinly sliced or the white of a **scallion**, chopped, ¼ **tsp. salt** and then whisk in ¼ **c. olive oil**. Toss and serve.

Variation: After pea season, try this salad with **arugula**.

A GRAB THE JUNE MOMENT PEA SHOOT SALAD

contributed by **Jerry Plueneke**

Trim, remove core and separate layers of **1 fennel bulb** and toss in olive oil. Grill over an inside gas grill or outside, and cut into 1/8- inch strips. Combine **pea shoots**, **4 scallions**, sliced crosswise in tiny bits, and **1/3 c. shaved Parmigiano or pecorino cheese**. Top with fennel. Dress with **olive oil**, **sherry and red wine vinegars**, and a few grinds of **black pepper**.

SPINACH

PASTA WITH SPINACH PESTO AND WANUTS

contributed by **Susan Cole**

who overheard the recipe while harvesting and made some modifications.

This "cold" pasta sauce is warmed up by the cooked penne pasta. In a large bowl, place **spinach**, leaves cut crossways into ribbons or strips, chopped fresh **garlic** (could be slightly cooked to take off the edge), and **walnuts**, roughly chopped. Add the **penne**. Toss with **olive oil**, grated **Parmigiano cheese**, **salt** and **pepper** to taste, and **red chili flakes**, if desired.

SWISS CHARD

SWISS CHARD WITH RAISINS AND PINE NUTS

contributed by **Hilary Leff**

Heat ¼ **c. olive oil**, saute ½ **c. onions**, sliced, until soft. Add **1 clove garlic**, minced, and cook for about a minute. Add 1½ **lb. Swiss chard**, rinsed and chopped, but not dried. Keep the pan covered – the water left on the chard will steam it – and cook until soft. Add ½ **c. raisins**, 1/3 **c. pine nuts**, lightly toasted, 1 **Tbsp. lemon juice**, freshly squeezed, and **salt** and **pepper**.

This recipe works equally well with **SPINACH**.

STRING BEANS

STRING BEANS PROVENÇALE

contributed by **Jane Umanoff**

Saute **1 medium onion**, sliced, and **2 cloves garlic**, crushed, in **1 to 2 Tbs. olive oil** until golden. Add **2 tomatoes**, chopped or **½ box grape tomatoes**, chopped, and cook until they begin to fall apart. Cook **1 lb. green beans** for three minutes in boiling water. Drain and add to tomato mixture. Season with **salt** and **pepper** to taste. Continue to cook, stirring, for 3 to 4 minutes. Turn off the heat and add finely sliced leaves of a sprig of **basil**. Serves 4 to 6.

Editor's variation: Cook sliced onion and tomatoes on an outdoor grill to get a nice char-flavor and look. Chop roughly. Mix with cooked beans and continue with above recipe.

ZUCCHINI

BULGARIAN ZUCCHINI SLICES

contributed by **Sigun Coyle**

Wash and trim **zucchini**; cut diagonally into long, thin slices. Add **salt**, let stand 1 hour in colander. Dry slices in paper towels, put them into a plastic bag into which you have put **½ c. flour** and freshly ground **pepper**. Fry them in **olive oil** until golden on each side. Put on paper towels to absorb olive oil. Serve with **hung yoghurt** mixed with freshly squeezed **garlic**. Can be prepared hours ahead of time. When ready to serve, put slices on aluminum foil into preheated oven for a few minutes to reheat, making sure not to burn them.