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# WESTCHESTER CSA 2009

*Week Twenty-One*

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Dear CSA Member,

This time of year the weeks slip by so quickly. The fall season share is very rewarding for us. We are pulling out the crops that we carefully harvested, cured or dried and tucked away until fall. The garlic has been curing by hanging in the eaves of the barn for months; the dry beans have been dried in the greenhouse. Both will be in your share this week.

The dry beans are picked when they are just dry, spread on screens in the greenhouse until fully dry. They are packed in bushel baskets and wait until fall. They come to you in the shell. Just break open the brittle shell and collect the dry beans. The beans should be washed and soaked for at least an hour or I just leave them overnight. To cook, cover with water and cook until tender. Fresh dry beans will not take as long to finish cooking as dry beans from the store. Don't overcook them or they will be very soft.

Enjoy the vegetables  
Deborah for everyone at Stoneledge Farm

## THE RECIPES

I read this in Food & Wine this month, "[Food52](#), a website and online community launched about a month ago by Amanda Hesser (ex-New York Times food editor) and Merrill Stubbs, celebrates the "unsung heroes" of the food world: home cooks. There's a growing database of user recipes as well as weekly contests where readers submit recipes; Hesser and Stubbs choose the ones they like best, which they prepare and post on the site as a video or slideshow. Over the course of 52 weeks, the community will vote on its favorites, which will eventually be published in the Food52 cookbook." What a great idea! I encourage you to check out the link, and this week I've included a couple of recipes that are getting some attention on the site.

## 🌿 VEGETABLES 🌿

**Garlic - 2 bulbs**

**Cauliflower - 1 head either white or green Romanesco**

**Potatoes - 2 pounds**

**Carrots - 1 pound**

**Collards - 1 bunch**

**Parsley - 1 bunch**

**Dry Beans - 1/2 pound**



## FRUIT SHARE

**1 bag of Stamen Winesap and Mutsu Apples and Bosc Pears**

## French Mushroom Soup with Roasted Garlic Croutons

Roasted Garlic Croutons:

- 2 Heads of Garlic
- 1/4 cup Olive Oil
- 8 Slices of Rustic Crusty Bread
- Kosher Salt

Turn oven on to 400 degrees. Create an aluminum foil pouch. Cut off the top of the garlic heads and discard. Place both garlic heads in the foil pouch and pour 1/4 cup of olive oil into the pouch. Salt the garlic and place in oven. Roast for 30 to 40 minutes.

Take out of oven and let garlic and oil cool. Reserve the olive oil for the bread. Slice 8 pieces of rustic bread around 1/2 inch thick. Spread the garlic olive oil on the pieces of bread. Then sprinkle with kosher salt. Broil the bread for about 5 to 10 minutes, until golden brown and hard. Keep an eye on them.

Take bread out and spread the roasted cloves of garlic on top of the croutons. Reserve these croutons for the soup topper.

French Mushroom Soup:

- |  |                                      |
|--|--------------------------------------|
| 4 tablespoons Butter                               | 2 tablespoons Flour                  |
| 2 tablespoons Olive Oil                            | 6 cups Beef Broth                    |
| 4 Large Sweet Onions, Sliced                       | 1/4 cup Vermouth                     |
| 8 ounces Cremini Mushrooms, Sliced                 | 2 tablespoons Balsamic Vinegar       |
| 8 ounces Oyster Mushrooms, Sliced                  | 1/2 cup Heavy Cream or Half and Half |
| 1 pound Button Mushrooms, Sliced                   | 2 Bay Leaves                         |
| 6 ounces Shiitake Mushrooms, Stems Removed, Sliced | 1 teaspoon Fresh Rosemary, Chopped   |
| 1 tablespoon Granulated Sugar                      | 1 teaspoon Fresh Thyme, Leaves Only  |
| 2 Cloves Crushed Garlic                            | Salt and Pepper to Taste             |
|  | 8 ounces Shredded Gruyere Cheese     |

In a large soup pot, melt the butter and add the olive oil on medium high heat. Add all the sliced onions and mushrooms to the pot and sauté until well caramelized, about 30 minutes. Add the crushed garlic, granulated sugar, salt and pepper. Continue to cook for another 10 minutes.

Add the flour and stir. Add the vermouth, balsamic vinegar and beef broth to the soup pot. Stir and then add the bay leaves, fresh thyme and fresh rosemary

Bring to a boil and then turn the heat to low and cook for 15 more minutes. Then turn off the heat and add the heavy cream. Stir and test soup, add more salt and pepper if needed.

Turn on your oven broiler to high. In oven proof crocks pour soup into the crocks. Place roasted garlic crouton on top of soup and put 1 oz of Gruyere cheese on top. Put into oven till cheese is melted and toasted. Serve immediately.

## Give Cauliflower Another Chance

- 1/2 cauliflower (1 pound)
- 1 teaspoon garlic powder
- drizzle of sun flower oil
- 1 small stock cube

Preheat the oven to 200C/390F. Cut the cauliflower in small roses and dispatch them on a baking tray. Drizzle generously with oil and sprinkle with garlic powder so all the roses have a very thin garlic layer.

Now take a stock cube between your fingers and squeeze it to dust, make sure there are no big chunks, they are not tasty. Sprinkle the stock cube over the cauliflower and toss everything together. Bake in the oven until soft and nicely colored.

## Collard Greens with Cornmeal Dumplings

I found this recipe through a web site called [www.thekitchn.com](http://www.thekitchn.com) which I have used previously. This was from a link, so it's really Anson Mills's site ([www.ansonmills.com](http://www.ansonmills.com)) that should be properly credited...it looks like a lovely, hearty soup.

### Equipment Mise en Place

For the collards you will need a large colander; a large, wide saucepan; and a pair of tongs. For the dumplings you will need a large saucepan with a tight-fitting lid, a steamer insert or collapsible steamer basket (to fit in the large saucepan), a small saucepan, a mixing bowl, and a rubber spatula.

### Ingredients

#### For the Collards:

1½ pounds (2 bunches) collard greens	1/2 teaspoon red pepper flakes (optional)
3 cups Smoked Ham and Chicken Stock	Fine sea salt
1 small yellow onion, peeled and chopped	Freshly ground black pepper
1 small piece bay leaf	White vinegar
1 teaspoon sugar or agave	Tabasco

#### For the Dumplings:

Vegetable oil spray	2 teaspoons baking powder
1 1/4 cup (6 ounces) Anson Mills Coarse Yellow Cornmeal	1 cup whole milk
2/3 cup (2.5 ounces) Anson Mills Fine Cloth-Bolted Pastry Flour	4 tablespoons unsalted butter, cut into 4 pieces
	1 teaspoon fine sea salt

### Directions

1. Prepare the collards: Fill a clean sink with cold water. Plunge the collards into the water and agitate them by swirling them about by their stems. Transfer the greens to a large colander. Drain the sink and refill it, and wash the collards again. Shake the collards free of excess water and let them drain in the colander for a few minutes.

2. Trim the stems even with the leaves. Discard the stems. Stack several leaves on top of each other with the stem ends pointing in the same direction. Loosely roll the collards lengthwise into a cigar. Beginning at the leaf end, cut the cigar crosswise into strips 3 inches wide, narrowing the width to 1 inch as you near the stem ends. Turn the strips 90 degrees and cut the strips crosswise into halves or thirds to create big rectangular pieces. Repeat with the remaining collards. You should have well over a pound of cleaned, trimmed collards or about 22 loosely packed cups. Set the collards aside.

3. Bring the stock to a simmer in a large, wide saucepan over medium-high heat. Add the onion, bay leaf, sugar, and pepper flakes, if using. Cover, reduce the heat to medium, and simmer to infuse flavors, about 10 minutes.
4. Add the collards to the simmering stock, cover the pot, and let the greens cook down, turning them from time to time with tongs, until the leaves are uniformly wilted and stems are tender with creamy centers, 15 to 20 minutes. Season to taste with salt, pepper, and vinegar. Cover to keep warm.
5. Make the dumplings: While the stock simmers, fill a large saucepan with a tight-fitting lid (one that accommodates a steamer insert or collapsible steamer basket) with 1 to 2 inches of water, making sure that the bottom of the steamer is not submerged in water. Cover the saucepan and set it on a burner, but do not turn on the heat. Spray the steamer insert with vegetable oil spray and set it aside.
6. Turn the cornmeal into a medium mixing bowl. Turn the pastry flour and baking powder into a small bowl and stir to combine. Combine the milk, butter, and salt in a small saucepan and bring to a boil over high heat. As soon as the butter has melted, pour the boiling mixture over the cornmeal and stir with a rubber spatula to moisten. Let the mixture cool for 5 minutes.
7. While the collards cook, turn the burner under the saucepan to high and bring the water to a boil. Gently fold the pastry-flour mixture into the cornmeal mush with a rubber spatula. Do not overwork. With moistened hands, lightly shape the dough into golf ball-sized dumplings, rolling the dough between your palms, and place them one by one in the steamer basket. You should have 12 dumplings. Uncover the saucepan and lower the steamer insert over the boiling water. Immediately replace the lid and lower the heat to medium-high. Steam the dumplings, without peeking, for 15 minutes. When you uncover the saucepan, the dumplings should be puffy, slightly shiny, and firm to the touch. They may also be stuck together, too, separate easily to serve.
8. To serve: Spoon the collard greens and a generous amount of their potlikker into 6 shallow bowls. Place 2 dumplings in each bowl. Pass the Tabasco at the table. This is a superb side dish with pork chops or roast chicken, or simply attended by a pot of beans.

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## THE EXCHANGE

- DON'T FORGET TO RETURN FRUIT BASKETS
- GOT EXTRA BAGS? PLEASE BRING THEM TO THE PICK UP LOCATION

**RECIPE RESOURCES:** These are my favorite online resources; visit these websites for more seasonal recipes:

[www.cookusinterruptus.com](http://www.cookusinterruptus.com)

[www.101cookbooks.com](http://www.101cookbooks.com) (this site is from Heidi Swanson, also author of some wonderful cookbooks as well

[www.epicurious.com](http://www.epicurious.com) the online home for Gourmet and Bon Appétit

[www.herbivoracious.com](http://www.herbivoracious.com)

[www.marthastewart.com](http://www.marthastewart.com) (recipes from Martha Stewart as well and Everyday Food and Body & Soul Magazines.

