

CSA Package Contents:

- 1 head cauliflower
- 1 head broccoli
- 1 bunch bok choy
- 1 sleeve leaf lettuce
- 3 count winter squash
- 2 lbs onions
- ½ lb spinach or pak choy
- 1 bag corn chips
- 8 oz wedge of cheese, havarti or pepper havarti
- 3 lbs potatoes, Yukon gold
- Approx 3# beef roast

Cooking a Roast:

Roast Beef is a favorite at Fresh Fork. Everyone has a different opinion about how best to cook a roast, and truly much depends on the cut and size.

Robert has a favorite way for cooking a roast that he uses all the time. Sear the outside of the roast on all side in a little oil over high heat. Put the roast in a slow cooker or crock pot and pour in a can of dark beer. Guinness is a good choice, but to stay local a dark beer from Great Lakes Brewery is a good option. If the roast is large, add another can or enough water to make the liquid reach about half way up the side of the roast. Add onions, potatoes, some chopped garlic cloves, salt pepper and let it cook. Even the toughest cuts of meat will be tender in 8 hours. Always save the leftover juices for either gravy or to use as a stock for the base of soups.

Greens and Potato Gratin

Thanks to customer Kristine for sharing a great article from the New York Times all about winter greens. (<http://www.nytimes.com/2010/03/08/health/nutrition/08recipehealth.html?ref=wintergreens>) She tells us that this recipe is delish:

- 2 to 2 1/2 pounds greens (such as chard, beet greens or kale), stemmed and cleaned
- 3/4 pound small potatoes (such as baby Yukon Gold or new potatoes)
- 2 tablespoons extra virgin olive oil
- 1 medium onion, chopped
- 2 large garlic cloves, minced
- 1/4 cup chopped flat-leaf parsley
- Salt and freshly ground pepper to taste
- 3 large eggs
- 3/4 cup low-fat milk
- 2 ounces Gruyère cheese, grated (1/2 cup, tightly packed)
- 1 ounce Parmesan, grated (1/4 cup)

1. Preheat the oven to 375 degrees. Oil a 2-quart gratin or baking dish. Place the potatoes and salt to taste in a large pot of water (you'll be cooking the greens in the same water), and bring to a boil. Reduce the heat to medium, cover partially and boil the potatoes until tender when pierced with a knife, about 20 minutes.

Meanwhile, stem the greens and wash the leaves thoroughly, making sure to remove all sand.

2. When the potatoes are done, remove from the water and set aside until cool enough to handle, then cut in 1/2-inch slices. Bring the water back to a rolling boil, and add the greens. Blanch for about two minutes (three or four minutes for kale) until just tender. Remove from the water with a slotted spoon or deep-fry skimmer, and transfer immediately to a bowl of cold water. Drain and squeeze out excess water. Chop coarsely and set aside.

3. Heat 1 tablespoon of the oil over medium heat in a large nonstick skillet. Add the onion and cook, stirring, until tender, about 5 minutes. Stir in the garlic, and cook, stirring, until fragrant, 30 seconds to a minute. Stir in the greens, potatoes and parsley, and gently toss together. Season to taste with salt and pepper, and remove from the heat.

4. In a large bowl, beat together the eggs and milk. Stir in the Gruyère and Parmesan, and add more salt and pepper. Combine everything thoroughly. Taste and adjust seasonings. Scrape into the gratin dish. Drizzle the remaining tablespoon of olive oil over the top, and place in the oven. Bake 30 to 40 minutes, until lightly browned on the top. Allow to sit for 15 minutes before serving.

Yield: Serves six.

Advance preparation: This keeps well for about three days in the refrigerator. You can reheat in a medium oven or serve at room temperature. You can make the dish through step 3 up to a day ahead.

Onion Casserole

Here is a recipe for a casserole that is very similar to scalloped potatoes. Try it as a side dish to use up your extra onions. Use your favorite cheese, it is good with a sharper cheddar, smoked cheeses, or even try a blue cheese mixed with a plainer cheese. Don't be afraid to mix it up with your favorite spices, like basil, red pepper flakes, or even curry.

Ingredients

- 1 lb. onions, sliced
- 1 egg, beaten
- 1 cup cream (for a lighter version, I often sub evaporated skim milk for cream to add creaminess without fat)
- 3/4 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon garlic powder
- 1/2 cup shredded cheese

Directions

Boil your sliced onions for about one minute. Drain them and put into a baking dish-about 1 1/2 to 2 quart should do. Mix the dairy with the eggs and spices and pour over the onions. Cover with the shredded cheese. Bake in a 350 degree oven for 25 minutes, until brown and bubbly.

Bok Choy

If you are looking for something to do with your Bok Choy, try this Asian inspired salad. As a variation, toss in a chopped apple. To make a full meal add some cut up tofu or chopped chicken. If you are truly inspired, grill and season a steak to medium rare, then slice thinly and lay on top.

Adapted from Recipes.com



Ingredients

- 1/2 cup olive oil
- 1/4 cup white vinegar
- 1/3 cup white sugar
- 3 tablespoons soy sauce
- 2 bunches baby bok choy, cleaned and sliced
- 1 bunch green onions, shallots, or similar chopped
- 1/8 cup slivered almonds, toasted
- 1/2 (6 ounce) package chow mein noodles, or cooked and chilled ramen noodles

Directions

In a glass jar with a lid, mix together olive oil, white vinegar, sugar, and soy sauce. Close the lid, and shake until well mixed.

Combine the bok choy, green onions, almonds, and chow mein noodles in a salad bowl. Toss with dressing, and serve.