

CSA Package Contents:

Spinach - 1/2 lb
 Sweet Potatoes - 3 lb
 Bacon - 1 lb
 Egg Linguini - 1 lb
 Roasted Cherry Tomatoes - 1 lb
 Gouda - 8 oz
 Stewing Chicken - 1 pc
 Mrs Miller's Noodles - 1 bag
 Eggs - 1 dz
 Cornmeal - 2 lb
 Apples - quarter peck

What is a stewing chicken?

Some chickens are bred for their meat, while others are bred just for laying eggs. When these egg laying hens get a little too old for egg production, they become stewing chickens.

Stewing hens are typically smaller birds. The meat on them is less tender and more dark and rich. Not really great for making fried chicken or one of your other typical chicken dishes, these birds make rich delicious stocks and soups. The stock from these birds will be darker and richer than you are typically used to.

In France, the older birds were never wasted, and an old rooster or hen would be used to make Coq au Vin (rooster in wine). Stewing birds' rich dark flavor is well complimented by earthy vegetables and red wine.

Coq Au Vin

Ingredients

1oz butter
 5-10 shallots, peeled but left whole (you can use small onions if you like)
 5 garlic cloves, crushed
 1/2 pound bacon or pork belly cut in larger sized pieces (bacon end pieces are great for this).
 sprig of fresh thyme or a good pinch of dried
 1 stewing chicken, cut into pieces, on the bone
 Flour for coating the chicken
 1 bottle red wine-fresh younger style wine works best
 2 Cups chicken stock
 2 tbsp balsamic vinegar
 small bunch flat leaf parsley, chopped or your own personal blend of herbs (bay leaf, oregano work well)
 salt and crushed black pepper
 12oz mushrooms-fresh are best here. Nearly any time of rich mushroom will work well.

Preparation

If you have a good thick bottomed, deep skillet that is oven safe, this is the pan to use. If not, you can use a skillet and an oven safe dish.

Start by melting the butter in a pan. Add the shallots or

onions and cook until browned. Then add the garlic and the bacon. Cook for about 5 minutes. Transfer the contents of your skillet to a plate or to the baking dish.

Dredge the chicken in flour (or you can leave this step out, if you prefer) and sear in the skillet over medium high heat. If there is not enough bacon fat left, add a little oil. Don't crowd the chicken too much, as you want to get a good sear on all the pieces. Sear on all sides.

If you are using a separate baking dish, transfer the chicken to that dish. If using the skillet in the oven, transfer the previous ingredients back to the skillet with the chicken.

Add the bottle of red wine, chicken stock, parsley or other herbs you like, pepper, and salt, if your stock is not very salty.

Cook the dish in the oven at 325 degrees or so for about an hour-until chicken is tender. Add the mushrooms and cook for another 15 minutes. Remove from oven. If the sauce seems too thin for your taste, remove the chicken and veggies and cook over high heat until reduced in volume. Pour back over chicken and serve with crusty French bread.

Warm Apple-Cornmeal Upside Down Cake

While looking for something great for this weeks ingredients, I remember having a cornmeal cake at a dinner party that I loved. I scoured the internet for a recipe and found this one on Epicurious. It seems pretty close to what I remember. It was served with ice cream, and I think it would be tasty with a little caramel sauce.

Ingredients

8 tablespoons (1 stick) unsalted butter, room temperature
 1/2 cup plus 3/4 cup sugar
 1 1/2 pounds Braeburn or Golden Delicious apples (about 4 medium), peeled, quartered, cored, each quarter cut into 2 wedges
 3/4 cup all purpose flour
 2 teaspoons baking powder
 1/2 teaspoon salt
 1/3 cup yellow cornmeal
 1/2 cup boiling water
 2 large eggs
 1 teaspoon vanilla extract
 1/3 cup whole milk

Vanilla ice cream

Preparation

Preheat oven to 350°F. Generously butter 9-inch-diameter cake pan with 1 1/2-inch-high sides; line pan with 10-inch-diameter parchment paper round (parchment will come 1/2 inch up sides of pan). Butter parchment. Melt 2 tablespoons butter in 10-inch-diameter nonstick skillet over medium heat. Add 1/2 cup sugar and cook until sugar dissolves and mixture turns

deep golden brown, stirring occasionally, about 6 minutes. Add apple wedges and gently shake skillet to distribute caramel evenly. Cover and cook until apples release their juices, about 5 minutes. Uncover and cook until apples are tender and caramel thickens and coats apples, stirring occasionally, about 13 minutes. Transfer apples and caramel syrup to prepared cake pan, spreading evenly.

Whisk flour, baking powder, and salt in small bowl to blend. Place cornmeal in large bowl; pour 1/2 cup boiling water over and stir to blend. Add 6 tablespoons butter and 3/4 cup sugar to cornmeal mixture. Using electric mixer, beat until well blended. Beat in eggs and vanilla. Beat in flour mixture alternately with milk in 2 additions each. Pour batter over apples in pan.

Bake cake until golden and tester inserted into center comes out clean, about 40 minutes. Cool cake in pan 5 minutes. Run small knife between cake and pan sides to loosen cake. Carefully invert cake onto ovenproof or microwavable platter and peel off parchment. Cool 15 minutes. (Cake can be made up to 6 hours ahead. Rewarm in 350°F oven about 10 minutes or microwave on medium just until slightly warm, about 2 minutes.)

Cut cake into wedges, place on plates, and serve warm with a scoop of vanilla ice cream.

Roasted Cherry Tomatoes

If you were a member of the summer CSA, then you will likely remember these. When we had a lot of cherry tomatoes left over one week, and we knew they would not last, we asked our friend, Clark Pope Catering, to come up with something. He roasted these sweet cherry tomatoes with herbs and the result was nothing short of stunning. We were lucky to have him make enough for us to have this winter. We have been hoarding them for a while, waiting for the best time to bring a little summer sunshine to the dull winter days. This seemed like a good time to us! These gems are tasty served on bruschetta (crispy oven roasted bread planks made from French bread). Our favorite way to enjoy them is to mix them with some fresh cooked pasta. Cook your Ohio City Pasta, drain, then toss with these bad boys. You can add a little more olive oil or some parmesan .

