

CSA Package Contents:

- Raspberry Jalepeno Jam
- Mixed Salad Greens
- Hot or Medium Hot Banana Pepper Slices
- Pork Roast
- Frozen Fruit
- 1 cabbage
- 2 lb turnips
- 1 lb black pepper whole wheat linguini
- 1 quarter peck Fuji apples



This is a photo from a Boston Butt roast I made a few weeks back. I ate off it for a week. It was extremely good. I'll try to reproduce my process here:

Brine

I always like to brine thick cuts of pork. It tenderizes them and reduces the cooking time. Brines require two elements in general: aromatics and acid. The acid cuts through the fat and connective tissue and tenderizes the meat. It also reduces cooking time. The aromatics flavor the meat.

In the fall, I tend to favor a apple cider, garlic, onion, and apple cider vinegar brine. This is usually for pig roasts. You can find that recipe on the blog.

This time I tried something different and adapted from Mastering the Art of French Cooking. It is more of a marinade than a brine based on the minimal salt. Brines usually have 1 cup salt to 1 gallon water.

I started with about a tablespoon of salt that I rubbed on the pork. In a separate bowl, mix 1 cup white wine, 1 cup white vinegar, 4 to 6 tablespoons olive oil, 6 crushed cloves garlic, about ½ cup thinly sliced carrots, ½ cup diced onion, a tsp of peppercorns (crushed), 2 bay leaves, 1 tsp thyme and a couple pinches each of dried basil, tarragon, sage, and coriander. Mix well and pour over the pork. Cover the pork with plastic wrap. Turn pork daily and baste. Marinade for 3 to 5 days before cooking. Adjust recipe to have enough marinade to about half cover your pork roast (maybe 2 inches deep in your pan).

Prepare Cabbage and Turnips

Dice the turnips into about half-inch chunks. Roughly chop the cabbage, dice a whole onion, and slice a few carrots (optional). Peel, core, and dice a couple apples (particularly if you end up having red cabbage...you'll need the acid to keep the cabbage red).

In a heavy bottomed stockpot, dutch oven, or cast iron camp oven, sweat about a quarter lb bacon chunks. Toss the onions and carrots (optional) with the bacon for about 10 minutes (covered) but not until the bacon is crisp. Add butter if necessary. Stir in the cabbage leaves and make sure they are well coated with fat. Cook slowly for another 10 minutes or so until the cabbage starts to get softer.

Add the apples, some minced garlic, a tsp of salt, a quarter tsp pepper, and (for red cabbage) a couple tablespoons of jelly (something without seeds like grape jelly or currant jelly). Cook for a few minutes, stirring regularly. Add 2 cups red wine and a cup of beef or pork stock. Cover and braise in the oven, 1 hour, at 300.

Cook Pork

Remove the pork from the marinade and remove the peppercorns. You don't need to wash the pork off. Place the pork in the center of the cabbage and cover. Return to oven at 300 covered for about 2 to 3 hours depending on size of pork. Cook to about 180 internal temperature. Pork will be falling apart by then.

Parker Bosley

Parker Bosley is a Cleveland legend. His restaurant, Parker's New American Bistro, was a huge attraction in Ohio City. Now that he is semi-retired, he has agreed to do more things for Fresh Fork Market. Look for him to pop up more and more on our website, in the newsletter, on Facebook, even on our You Tube channel. Just to whet your appetite, here are some of Parker's takes on turnips. Enjoy!

About Winter Turnips

There are generally two types categories for turnips, summer and winter. Summer turnips come fresh with the tops and are usually younger and the size of beets. The winter turnips are larger and store better. They tend to have a much sharper flavor, particularly in the rind. Peel the turnip with a potato peeler. For very large turnips, you may have to peel twice (depending on how sensitive you are to the bitterness).

The turnips should be crisp and firm. Discard any that are shriveled and dehydrated. To bring some turnips back, put them in a bowl of cold water.

Turnip and Potato Gratin

The ratio can be equal parts potato and turnip or two thirds potatoes and one third turnips. It is important that both potato and turnip slices are sliced very thin and evenly.

Ingredients:

Peeled potatoes and turnips, thinly sliced
salt, pepper, butter, nutmeg (freshly grated only)
whipping cream

Start by buttering the bottom of the baking dish. Sprinkle the bottom of the dish with salt and pepper. Add freshly grated nutmeg if you have it. If only ground nutmeg is available, omit it. You could add a pinch of dried thyme sprinkled on the bottom of the gratin dish.

Layer the slices—potato turnip potato turnip--adding salt and pepper and a very little bit of melted butter between each layer to create a gratin that is 1 and 1/2 to 2 inches. Paint the top with melted butter.

Bake the gratin in the middle of a 350 degree oven for about 45 minutes. A sharp knife should pierce the layers easily. Check the progress often.

To finish, pour enough cream over the gratin just to cover. Continue baking until the cream has nearly all absorbed—about 15 minutes.

For a healthier alternative, omit the cream. When baking, cover the gratin with foil. Remove the foil for the last 20 minutes.

Candied Turnips

Peel a couple of turnips and cut in half vertically from stem to root. Slice each half turnip to create half circles. Saute the slices in a generous amount of butter for 2 or 3 minutes. Add some brown sugar. When the slices are caramelized add some brandy and flame the turnips.

Add ¾ cup of water and raise heat to high. Evaporate the water. Add more water and continue cooking until the turnips are tender. Add water in small amounts because there should be none remaining when the turnips are completely cooked. Salt and peper.

On the Blog: at www.freshforkmarket.com

Turnip Soup – from Parker Bosley

Cornbread – from Diane V in Lakewood

Corn Chowder – from Greta in Tremont

Events:

T2P2 – Towers of Tampons, Pyramids of Pads. Friday, March 9, 6-11 PM at Battery Park Wine Bar \$50 per ticket, food and concert included Fresh Fork is the official sponsor of this innovative event to benefit homeless women who can't get the above mentioned toiletries at shelters. Please consider donating or attending. www.t2p2.org

Pampered Chef – Allyson and I are hosting our first ever Pampered Chef party with fellow Fresh Fork customer and PC consultant, Clark Pope. Please consider stopping by to sample new Fresh Fork turkey burgers and pork sausage recipes, as well as check out what Clark has to show off (no gimmicks, just high quality pots and knives).

Sunday, March 18, 1:30 to 5:30. Email for address.

Please RSVP online. E: Robert@freshforkmarket.com