



FRESH FORK MARKET

Week 16 Summer 2013

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Small CSA Contents:

1 2# bag pinto beans
1 dozen eggs
1 piece Flat Rock cheese
1 bunch rainbow carrots
1 bunch beets
1 candy onion
1 lb green beans
1 head leaf lettuce
1 quart roma tomatoes
1-2 heirloom tomatoes (depending on size)
1 quart concord grapes

Large Share

Small package plus:
1 pint garlic dill pickle chips
1 lb lima beans (in large ugly pods, be sure to shell them)
1 quart fingerling potatoes
1 cantaloupe
1 bunch daikon radishes

Vegetarian Substitutions

(not in place of anything I'll adjust a future budget to make up)

1 cantaloupe
1 head cauliflower
1 quart fingerling potatoes
1 bunch daikon radishes

Vegan Substitutions

None

Borracho Beans

Drunken beans are prepared using beer. There are tons of recipes out there, but this one is probably the easiest and most flavorful. It also uses ham hocks, which are one of my favorite things. You could also use bacon to get that smoky flavor. You could make a vegetarian version, adding some smoked salt.

Ingredients

2 lbs pinto beans
2 small white onions
2 fresh jalapenos (optional)
6 garlic cloves, minced
4 small roma tomatoes
2 tablespoons fresh cilantro, chopped
3 ham hocks
1 tablespoon chili powder
2 teaspoons paprika
1 tablespoon black pepper
1 1/2 tablespoons kosher salt
1 teaspoon cumin
2 table spoons bacon drippings
12 ounces chicken stock

12 ounces dark beer

Directions

Soak your beans. (This very important if you want tender beans). Bring beans to boil in 8-10 cups of water. Remove from heat covered. Let the beans soak for 30-45 minutes until the beans start to swell from the water infusing into them.

Strain the beans. Bring another 8 cups of water to a boil. While beans are boiling, trim the ham hocks of fat; leave fat in large pieces. Cut the meat into small bite-size pieces. Put all into pot. Remove fat and bones when your beans are done.

Chop all veggies into small pieces. Combine veggies, meat, fat, and spices into large stock pot or dutch oven and simmer for at least 2 1/2 hours. Remove fat when finished. Taste, add more seasoning if needed.

Bean and Cheese Enchiladas

Ingredients:

4 dried ancho chilies
4 dried guajillo chilies
3 cups water
2 cups Cooked Beans, pureed with 1/4 to 1/2 cup bean broth
Queso Fresco or your favorite cheese blend
Corn Tortillas (Cold tortillas work best)

Directions:

Bring chilies and 3 cups of water to a boil in a medium saucepan. Let boil for 2 to 3 minutes. Remove from heat and let cool slightly. Remove the stems and seeds from the chilies.

In a blender, puree the chilies and the cooking liquid until smooth. Pour chile puree into a medium bowl or saucepan. Season with salt; set aside.

Dip the corn tortillas in the dried chile sauce, making sure that both sides are evenly coated. (If you haven't done so already, puree the beans, before proceeding with the recipe!)

Carefully place the tortilla in the oil and fry for no more than one minute per side. (You want the tortillas to be soft

and pliable, not crisp and stiff!)

Transfer the fried tortilla to a plate (not your serving plate) and top with generous amounts of beans and cheese.

Transfer the Enchiladas to a serving plate or platter. Garnish with Queso Fresco and serve with Sopa de Arroz (Mexican Rice). Enjoy!!!

Succotach

This recipe comes from Epicurious and uses all ingredients from this week and last week's bag. It is tasty!

ingredients

2 tablespoons extra-virgin olive oil
1 1/2 cups chopped onion
Coarse kosher salt
1 large garlic clove, minced
3 cups chopped red tomatoes (about 1 1/2 pounds)
2 1/4 cups corn kernels cut from 4 ears of corn (preferably 2 ears of white corn and 2 ears of yellow corn)
2 cups fresh lima beans (from about 2 pounds pods) or 10 to 11 ounces frozen lima beans or baby butter beans, thawed
3 tablespoons thinly sliced fresh basil

preparation

Heat oil in heavy large skillet over medium heat. Add onion and sprinkle with coarse salt. Sauté until soft and translucent, about 5 minutes. Add garlic; stir until fragrant, about 1 minute. Add tomatoes, corn, and lima beans. Reduce heat to medium-low, cover, and simmer until corn and lima beans are tender and tomatoes are soft, about 20 minutes, stirring occasionally. Season to taste with salt and pepper. Stir in basil and serve.

Daikon Radish

For those of you with large shares, that giant white carrot looking thing is a daikon radish. It is similar to other radishes, but with a milder flavor. Try shredding it for salads or slaws. For a crazy, crunchy and colorful side dish, chop daikon, carrots and beets (and kohlrabi, if you still have it) into matchsticks. Add some raw green beans and toss with a little oil and sherry vinegar. Delish.