



FRESH FORK MARKET

Week 22 Summer 2013

Volume V, Issue 89

www.FreshForkMarket.com



Small CSA Contents:

1 package beer brats
1 head white stem bok choy
1 head green cabbage
1 candy onion
2# turnips
3# sweet potatoes
1 bulb celery root
2# bag cornmeal
1 quarter peck jonagold apples

Large Share

Small package plus:
2 ct acorn squash
1 piece Siberian Night Beer Cheese
1 or more mystery items (in case the grape cider doesn't work out)

Vegetarian Substitutions

2 ct acorn squash
1 or more mystery items (in case the grape cider doesn't work out)

Vegan Substitutions

Same as vegetarian

Celeriac

Celeriac is the root ball of the celery plant. It tastes similar to celery stalks, but have a completely different texture. It may be the most ugly thing you get in your bag this year, but it is pretty tasty. It is great in soups, mashed with or instead of potatoes, and even as a slaw. The flesh will darken after it is exposed to the air so store in water with a little lemon until ready to use. You can even try thinly slicing it and frying to make Celeriac chips.

Since celery root is a root vegetable, it stores well and for an amazingly long time if it is kept cool. Having spent most of its life underground, it also enjoys the dark. Kept loosely wrapped in plastic in the fridge it will last up to several weeks, even longer if it was freshly harvested.

Celeriac Soup

1 medium onion, finely chopped
1 red chili, finely chopped
2 -3 cloves garlic, finely chopped
2 tablespoons olive oil
1 teaspoon cumin
1 1/2 lbs celeriac, peeled and cubed
3 cups chicken broth
1 cup water
1/4 cup fresh coriander, chopped
1/3 cup whole milk
salt & freshly ground black pepper

In a large saucepan, sauté the onion, chili and garlic in the olive oil for 2-3 minutes over a medium high heat. Stir in the cumin and season with salt and pepper. Add the celeriac, along with the chicken broth and water. Bring up to a boil, then reduce the heat, cover the pan and let simmer for 10-15 minutes or just until the celeriac is cooked.

Remove from the heat and use a blender or food processor to puree the soup until smooth. Stir in most of the chopped coriander and milk. Adjust the seasoning with more salt and pepper, if needed. Ladle into bowls, sprinkle over a few coriander leaves and serve immediately.

Celeriac Waldorf Salad

I found this on a site called Too Many Chefs. It would make a great lunch or even a nice dinner side.

1/2 a medium head of celeriac, peeled and chopped in small sticks
2 apples, washed, cored and chopped
10 walnuts
1 Tbs low fat mayonnaise
2 Tbs plain yogurt
1 tsp red wine vinegar
celery salt to taste
Garnish: a bit of chopped chives, a lettuce leaf or two

Heat the oven to 350F. Spread the walnuts on a tray and place them in the oven for about five minutes, removing them just as they start to smell nutty. Do not leave them too long as they will easily burn. In the meantime, mix the mayonnaise, yogurt and vinegar in a medium bowl. Add a dash of celery salt and taste. Fold in the apples and celeriac. Chop the nuts and fold them in as well, reserve a couple pieces to place on top of the salad. Place a scoop of the mixture on a lettuce leaf or two, garnish with the chives and reserved walnuts and serve! Including the time spent preparing the celeriac and apples and toasting the walnuts, you shouldn't need more than 20 minutes for a healthy and very tasty lunch.

Apple-and-Root-Vegetable Hash

I like Martha Stewart Living, because the recipes in it are based around what is in season that month. It is a great magazine for members, as the recipes often follow the ingredients in our bags.

This recipe is a fine example and could be easily spruced up with carrots, turnips or other root veggies.

INGREDIENTS

Coarse salt and freshly ground pepper
3/4 pound celery root, peeled and cut into 1/2-inch pieces (2 cups)
3/4 pound Yukon Gold potatoes, peeled and cut into 1/2-inch pieces (2 cups)
3/4 pound sweet potatoes, peeled and cut into 1/2-inch pieces (2 cups)
1/4 cup extra-virgin olive oil, divided
1 onion, diced
2 small firm, sweet apples, peeled and cut into 1/2-inch pieces (2 1/2 cups)
1/4 cup roughly chopped fresh sage

DIRECTIONS

Bring a medium pot of water to a boil, and generously season with salt. Add celery root, and simmer 3 minutes. Add potatoes and sweet potatoes, and simmer vegetables 2 minutes more. Drain well, and spread vegetables on a rimmed baking sheet. Let cool 15 minutes.

Heat 2 tablespoons oil in a large (preferably cast-iron) skillet over medium-high heat, and cook onions until translucent and just beginning to color, about 2 minutes. Add remaining 2 tablespoons oil, the apples, and vegetables; season with salt and pepper. Stir to combine, then press into a single layer using a spatula. Cook, undisturbed, 2 minutes. Stir, and repeat process until vegetables are very tender and beginning to caramelize, 8 to 10 minutes more. Remove from heat. Stir in sage, and season with salt and pepper.

Turnips

The benefits of turnips are many. They are known to contain high levels of antioxidants and phytonutrients associated with reduced cancer risk. In addition, they have great anti-inflammatory properties and may help reduce your cholesterol. They are high in folate—a crucial B vitamin. Turnips are a great source of calcium and potassium, essential minerals for healthy bone growth and helping to prevent bone diseases such as osteoporosis. They are high in fiber and low in calories, which makes them a great food for those watching their weight.



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Roasted Turnips with Maple and Cardamom

3-1/2 lb. purple-top turnips, peeled and cut into 3/4-inch dice (10 cups)
3 Tbs. vegetable oil
Kosher salt
1 oz. (2 Tbs.) unsalted butter
3 Tbs. pure maple syrup
1/4 tsp. pure vanilla extract
Generous pinch crushed red pepper flakes
1/4 tsp. ground coriander
1/8 tsp. ground cardamom
1 tsp. fresh lemon juice
1 Tbs. finely chopped fresh cilantro (or a mix of parsley and mint)
Position racks in the top and bottom thirds of the oven and heat the oven to 475°F. Line two large, heavy-duty rimmed baking sheets with foil. In a mixing bowl, combine the turnips, oil, and 1 1/2 tsp. salt. Toss to coat well. Divide the turnips between the two pans and spread evenly in one layer. Roast for 20 minutes. With a large spatula, flip the turnips. Swap the pans' positions and roast until tender and nicely browned on a few sides, 15 to 20 minutes. (The turnips on the lower rack may be done sooner than those on the upper rack.)

Meanwhile, melt the butter in a small saucepan over low heat. Whisk in the maple syrup, vanilla, and red pepper flakes, and then the coriander and cardamom, until the sauce is heated, 30 seconds. Remove the pan from the heat.

Transfer the turnips to a large mixing bowl. Gently reheat the sauce, if necessary, and stir in the lemon juice. With a heatproof spatula, toss the sauce with the turnips. Add half of the cilantro and salt to taste and toss again. Transfer to a warm serving dish and garnish with the remaining cilantro.

Shredded Turnip, Apple and Carrot Salad

Adapted from the Gourmet Connection

Ingredients:

6 small turnips, peeled, ends trimmed
2 small carrots, peeled
1 large apple, peeled and cored
1 tablespoon fresh lemon juice
1 tablespoon onion, finely chopped
3 tablespoons vegetable oil
1 tablespoon apple cider vinegar
1-1/2 teaspoons sugar
1 tablespoon fresh parsley, chopped

Salt and freshly ground black pepper to taste

Preparation:

Prepare the turnips, carrots and apple using the shredding disk of a food processor or the largest holes on a box grater and combine in a large mixing bowl. Add the lemon juice and toss to coat. Add the onion, oil, vinegar, sugar and parsley. Mix well. Season to taste with salt and freshly ground pepper. Cover and chill for one hour before serving.

Delicious Cabbage

I found this recipe on Food 52 and it is one of my all time favorites. Be sure to use fresh ginger!

1 med green cabbage, cored and sliced
1 med yellow onion, finely chopped
2 garlic cloves, minced
1tablespoon grated fresh ginger
2tablespoons butter
3/4cups heavy cream
salt and freshly ground black pepper

In a very large pan, heat the butter over medium heat until it is melted and starting to bubble a little. Stir in the onion and garlic and cook for about 5 minutes, until softened.

Stir in the ginger and cook for about a minute. Then, add in the cabbage, stirring well to coat it with the butter and other flavors. Cook, stirring occasionally for about 15-20 minutes, until the cabbage has softened and caramelized.

Turn the heat to low and stir in the cream making sure to scrape any browned bits up from the pan bottom. Cover and cook over low for about 10 minutes. Uncover, add salt and pepper to taste. Then cook for a few more minutes, stirring once or twice, to let some of the liquid evaporate. Adjust seasonings as desired and serve.

Glazed Turnips

Sliced turnips, thin as for escaloped potatoes
3 TBS butter
2 TBS brown sugar
1/3 cup brandy
Salt and pepper

Peel and slice the turnips. Blanch in boiling salted water for 1 minute. Drain and toss to allow water to evaporate. Have ready a non-stick sauté pan. Melt the butter in the sauté pan set over medium-high heat and add the brown sugar. When the sugar has melted, add the turnip sliced. Toss to coat the slices with sugar and butter.

When the turnips can be easily pierced with a knife point add the brandy and flame it. Cook until the moisture evaporates and the turnips are glazed and caramelized.

Turnip and Celeriac Mash

Use equal amounts of peeled chopped celeriac and turnip
2-3 TBS butter
1 cup hot milk
Salt and pepper

Cut the turnips and celeriac into even sized pieces. Cook in boiling salted water until tender.

Drain and return to the cooking pan. Add the butter and mash the celeriac and turnip together. Add half of the hot milk with salt and pepper and whisk together. Add salt and pepper to taste. Add more milk to create the consistency you prefer.

Cabbage, Plain and Simple

½ head of cabbage, core removed, shredded
2 TBS butter
1 cup finely diced celery including leaves
¼ cup dry white wine or ½ chicken stock with 1 TBS vinegar
Salt and pepper

Blanche the shredded cabbage in boiling salted water for one or two minutes. Drain well. Melt the butter in a large sauté pan set over medium heat and add the celery. Cook for 3-4 minutes until the celery begins to soften but not brown.

Add the cabbage and the wine or stock. Season with salt and pepper. Cover and simmer for about 25 minutes. Optional: Chop three sliced of bacon and sauté the pieces to render fat then add the celery. Omit the butter.