



FRESH FORK MARKET

Week 04 Summer 2013

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Small CSA Contents:

1 dz eggs
1 head large stem bok choy (thick white stalk, about 18 inches tall)
1 head red leaf lettuce
1 6 oz piece Charloe cheese
1 lb bag snow peas
1 head baby bok choy
1 head broccoli
1 lb sweet cherries
1 bunch beets with tops
1 bunch spinach
2 ct zucchini

Large Add-Ons

1 head cauliflower
1 bunch green onions
1 quart strawberries (assuming they are available by the end of the week)
1 extra head baby bok choy
1 lb basic salt and pepper pork sausage

Vegetarian Subs

No subs

Vegan Subs

In place of cheese
1 head cauliflower
1 quart strawberries
1 bunch green onions

Bok Choy

I love Bok Choy. It is kind of peppery and has the perfect blend of leafy greens and crunchy stalks. It is great in stir fry dishes and sautéed all on its own. It also adds a new dimension to the everyday plain salad! Here is a simple stir fry recipe that is adapted from William Sonoma.

Ingredients

1 Tbs. sesame seeds
1 lb bok choy
1 1/2 Tbs. sunflower oil
3 garlic cloves, thinly sliced
1/2 tsp. red pepper flakes
Sea salt, to taste
1/4 cup homemade chicken broth
2 tsp. Asian chili oil

Instructions

In a dry small fry pan over medium heat, toast the sesame seeds until golden brown and fragrant, 4 to 5 minutes. Transfer to a plate and let cool.

Cut off the tough base from each head of bok choy. Separate the heads into individual stalks by snapping the stalks away from their cores.

In a wok or a large fry pan over medium-high heat, warm the canola oil. When it is hot and shimmering in the pan, add the garlic and red pepper flakes and cook, tossing and stirring constantly, until fragrant but not browned, 20 to 30 seconds. Add the bok choy and a pinch of salt and cook, tossing and stirring, until the bok choy just begins to wilt, 1 to 2 minutes. Add the broth and cook, stirring occasionally, until the bok choy is just tender and the broth evaporates, 1 to 2 minutes. Add the chili oil, stir well to coat the bok choy and remove from the heat.

Stir in the sesame seeds, transfer the bok choy to a warmed serving bowl and serve immediately.

Bok Choy and Radishes

This recipe will help you use up any leftover radishes from last week. It comes from Taste of Home.

INGREDIENTS

1 head bok choy
2 tablespoons butter
1 tablespoon olive oil
12 radishes, thinly sliced
1 shallot, sliced
1 teaspoon lemon-pepper seasoning
3/4 teaspoon salt

DIRECTIONS

Cut off and discard root end of bok choy, leaving stalks with leaves. Cut green leaves from stalks. Cut leaves into 1-in. slices; set aside. Cut white stalks into 1-in. pieces.

In a large skillet, cook bok choy stalks in butter and oil for 3-5 minutes or until crisp-tender. Add the radishes, shallot, lemon-pepper, salt and reserved leaves; cook and stir for 3 minutes or until heated through. **Yield:** 8 servings.

Szechwan Stir Fry

This is a traditional stir fry. Try it with bok choy, spinach and cauliflower from this week's bag.

2 tsp oil
2 whole dry kashmiri red chillies , broken into pieces
2 tsp schezuan peppers (triplal)
1/2 cup cabbage cubes
1/2 cup spring onion whites , quartered

3/4 cup broccoli florets , blanched
3/4 cup snow peas , each cut into 2 and blanched
3/4 cup colored peppers cut into wedges
1/2 cup sliced zucchini
4 tsp schezuan sauce
a pinch sugar
salt to taste
2 tsp cornstarch dissolved in 1/2 cup

Heat the oil in a wok on a high flame till it smokes. Add the red chillies, schezuan peppercorns, cabbage and ¼ cup of water, mix well and cook on a high flame till the water evaporates and the cabbage is tender.

Add the spring onion whites and sauté on a medium flame for a minute, while stirring continuously.

Add the broccoli, snow peas, capsicum, zucchini, schezuan sauce, sugar and salt, toss well and cook on a high flame for another 2 minutes, while stirring continuously.

Add the cornmeal mixture, mix well and simmer till the sauce thickens. Serve hot.

Roasted Curried Cauliflower

My favorite recipe for cauliflower. Originally from Martha Stewart Living.

Ingredients

1 1/2 tablespoons extra-virgin olive oil
1 teaspoon mustard seeds
1 teaspoon cumin seeds
3/4 teaspoon curry powder
3/4 teaspoon coarse salt
1 large head cauliflower (about 2 pounds), cut into large florets
Nonstick olive-oil cooking spray

Directions

Preheat oven to 375 degrees. Coat a rimmed baking sheet with cooking spray. In a large bowl, stir together oil, mustard seeds, cumin seeds, curry powder, and salt. Add the cauliflower, tossing to coat thoroughly with spice mixture.

Arrange cauliflower in a single layer on prepared sheet. Roast until florets are browned on bottom and tender when pierced with the tip of a paring knife, about 35 minutes. Serve hot.