



Mariquita
Farm

**MYSTERY
THURSDAY**

AZIZA
December 15th, 2011

[Potatoes](#)
[Celery Root](#)
Mixed [Apples](#)
Yellow Chantenay [Carrots](#)
Lacinato [Kale](#)
[Escarole](#)
Loose [Turnips](#)
Baby [Chard](#)
[Chervil](#)
Purple [Cauliflower](#)

Disclaimer to the above vegetable list: The list above is approximate. There may be differences in your box. We ask for patience and a sense of adventure with these boxes. Thank you!

Storage: Potatoes, Celery Root, Apples and Turnips: Store in the fridge in the bag they come in. **Carrots:** Remove and compost greens. Carrots will stay crisp longer without their greens. Store carrots in a plastic bag in the fridge. **Kale, Escarole and Chard:** Give a good drink and store in a plastic bag in the fridge. No coldest drawer. **Chervil:** Give a light rinse, shake excess water off the bunch and store in a plastic bag in the fridge. No coldest drawer. **Cauliflower:** Store in a plastic bag in the fridge. Coldest drawer ok.



Kale
(Photo by Andy Griffin)



Chervil
(Photo by Andy Griffin)

Latkes ([Chef Jonathan Miller](#))

Too much moisture in your latke means it will be difficult to brown it, so take the time to draw out the water from the potatoes and celery root with the salt. It makes a difference. Yum!

1 red onion
1 pippin [apple](#)
3-4 T apple juice
1 lb potatoes
1 lb [celery root](#), or [turnip](#), or [rutabaga](#)
2 eggs
3 T flour
3 T parsley, chopped

Put the onion, unpeeled, and the apple in a small baking dish with the apple juice. Cover tightly with foil and roast in a 350 degree oven until very soft, about an hour. Allow to cool slightly, then peel the onion and the apple (skins should come off easily at this point), and make sure to remove apple seeds, stem, and any hard core parts. Put everything, including any juice left in the pan, in a blender or food processor with a teaspoon or so of salt and blend well. Taste and adjust seasoning if necessary and set aside until needed.

Peel and grate the potatoes and the celery root or turnip. Toss with a tablespoon of salt and leave in a colander over the sink to drain for an hour. Squeeze as much excess water out as you can with your hands, then toss in a bowl with the eggs, flour, and parsley. Mix well, then chill in the refrigerator for another hour.

Heat a heavy skillet and pour out a thin layer of oil into the hot skillet. Fry the latkes in batches until golden brown on the first side. Flip and fry again until golden brown. The first side will have more surface area to brown, so don't worry if that side is more uniformly dark. Remove to a sheet pan while you make the remaining latkes. Keep warm in a low oven if you like, or serve immediately with the roasted onion apple sauce and additional parsley to finish.

Gallegan Kale and Linguica ([Chef Jonathan Miller](#))

You can substitute with lacinato or other types of kale or collards. If you have kids, remember to cut your kale up very small. It's easier to get them to eat it when it doesn't slap them in the face when they try to get it into their mouths!

olive oil
2 red onions, halved and thinly sliced
6 garlic cloves, minced
white wine
1 bunch gallegan (or lacinato) [kale](#), finely chopped
1/4th of a preserved lemon (rind only), chopped
pinch [chili flakes](#)
8 oz linguica
parsley

Heat a generous amount of olive oil in a saucepan, then add the onions and a little salt. Stew the onions slowly until quite soft,

but not brown, about 12 minutes. Raise the heat and add the garlic and about a quarter to half cup of white wine. Reduce by half and add the chopped kale, the preserved lemon, and the chili flakes and some salt. Stir well until the kale has wilted down, then add a little water, maybe 1/2-3/4 cup. Cover, lower the heat, and stew until the kale is as tender as you like it. Check periodically to make sure the dish doesn't dry out, adding a little more water if necessary. I like my kale cooked soft in this dish, so I'd stew it for a good 15-20 minutes. But you can eat it right away if you prefer.

Halve the linguica lengthwise. Heat a small skillet and add a touch of olive oil. Put the linguica, cut side down in the skillet and brown, about 3 minutes. Flip and brown the rounded sides (it will probably brown in spots).

Serve the stew in a serving dish with the linguica on top (cut sides up), finishing with a touch of chopped parsley. Pass some bread around to mop up the juices.

A few recipes from Julia, too!

Baked Kale Chips

Servings: 1-6, depending... Like potato chips, you cannot stop at just eating one. They are great for parties.

** note: this is an easy recipe, but watch the last step of actually baking the kale chips: you want them a bit crispy and not still damp/chewy, but you don't want to burn them!

1 bunch [kale](#)
1 tablespoon olive oil
1 teaspoon good salt (I use kosher)

Preheat an oven to 350 degrees F. Line a non insulated cookie sheet with parchment paper or baking mat. (OR I just use a rimmed jelly roll pan: it works great.) With a knife or kitchen shears remove the leaves from the center stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with salt. Sometimes I do with with my well-washed hands in a mixing bowl to make sure there's good 'oil coverage'.

Bake until the edges brown but are not burnt, 10 to 15 minutes. Watch this carefully, it's all about the timing, and every oven is different, you just have to watch them and check every minute or so at the end til they are perfect. Worth the extra couple minutes of your time!

Garden Soup with Lacinato Kale and Romanesco

(Adapted from *Vegetable Soups from Deborah Madison's Kitchen* by: yes! Deborah Madison)

2 onions or 2 large leeks, diced
1/2 pound potatoes, diced (a few small or one large)
2 Tablespoons olive oil, plus extra to finish
2 cups stemmed and slivered [lacinato kale](#)
2 cups (more or less) small [romanesco florets](#) (or cauliflower!)
1 garlic clove, minced
S & P to taste
6 cups broth: homemade or purchased, vegetable, bean broth, or chick. stock
Asiago cheese for grating at the end

Wash the leeks if using. Chop the potato, leaving the skin on if you like if it's organic. Warm the olive oil in soup spoon over med. heat. Add the leeks and the potato, give them a stir, and

while they're warming up, slick the kale off its ropey stems, then slice the leaves into short ribbons. Add the kale to the pot along with the romanesco, garlic, and salt. Cook for about 5 minutes. Add the stock, bring to a boil, then lower the heat and simmer until the vegetables are tender, about 20 minutes. Ladle the soup into bowls and drizzle some olive oil into each. Season with pepper and grate a little cheese into the soup.

Chunky Chicken-and-Rice Soup with Turnips

8 cups water
1 (3-pound) chicken
1 teaspoon vegetable oil
2 cups chopped leek (about 2 large)
1/2 teaspoon dried basil
1/2 teaspoon dried thyme
1/2 teaspoon dried oregano
3 cups coarsely chopped peeled turnips (about 1 pound)
1/2 cup uncooked long-grain or basmati rice
2 cups 2% reduced-fat milk
1 teaspoon salt
3/4 cup (3 ounces) shredded reduced-fat extra-sharp cheddar cheese

Combine water and chicken in a large Dutch oven; bring to a boil. Reduce heat to medium, and cook, uncovered, 1 hour. Remove from heat. Remove chicken from cooking liquid (broth); place chicken in a bowl, and chill for 15 minutes. Remove skin from chicken, and remove meat from bones, discarding skin and bones. Chop chicken into bite-size pieces; cover and chill. Strain broth through a sieve into a large bowl; discard solids. Skim fat from surface; discard. Reserve 6 cups broth.

Heat the oil in the pan over medium-high heat. Add the leek, basil, thyme, and oregano; sauté 5 minutes or until leek is browned. Add reserved broth, scraping pan to loosen browned bits. Stir in the turnips and rice; bring to a boil. Reduce heat, and simmer for 30 minutes or until turnips are tender. Partially mash turnips with a potato masher. Add chicken, milk, and salt, and cook 5 minutes or until thoroughly heated. Remove from heat, and add cheese, stirring until melted. Yield: 10 servings (serving size: 1 cup.) -- *Cooking Light*, JANUARY 2000

Blanched Escarole with Fried Capers

(from *366 Healthful Ways to Cook Leafy Greens* by Linda Romanelli Leahy)

1 bunch escarole (about 1 pound), trimmed and shredded
1 tablespoon extra-virgin olive oil
1 tablespoon unsalted capers, drained
1/2 teaspoon salt
Freshly ground pepper
2 teaspoons thinly sliced lemon zest for garnish, optional

1. Drop the escarole in a pot of salted boiling water. Cook 3 to 5 minutes until it is as tender as you like. Drain well.
2. While the escarole is cooking, heat the oil in a large nonstick skillet over medium heat. Add the capers and cook 2 minutes; remove with a slotted spoon.
3. Stir in the drained escarole, salt and pepper and heat through. Place on a serving plate and top with the capers and lemon zest, if using. Serve immediately. Serves 4.

More recipes at <http://mariquita.com/recipes/index.html>