



Mariquita  
Farm

**MYSTERY  
THURSDAY**

**INCANTO**  
July 7<sup>th</sup>, 2011

[Potatoes](#)  
[Chard](#)  
[Spigariello](#)  
[Basil](#)  
[Broccoli](#)  
[Carrots](#)  
[Summer Squash](#)  
[Mixed Tomatoes](#)

**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:** Remove twisty ties/rubber bands from all vegetables and everything into the fridge. **Chard, Spigariello, and Potatoes:** Leave them in the bag they come in, or store them in a plastic bag and put them in the crisper drawer of your fridge – not the coldest drawer. **Basil:** I buck tradition and actually keep my basil in the fridge. Remove the twisty tie and rinse and shake gently, then store in a plastic bag in the fridge - preferably a warmer spot like an upper shelf away from the cold air vent. Keeps for about 3-4 days this way, sometimes longer. **Broccoli:** Store loosely in a plastic bag. No coldest drawer. **Carrots:** If bunched, separate from their greens, compost the greens, and store roots in a plastic bag in the fridge. Coldest drawer OK. **Summer Squash:** Store in the plastic bag they come in. Keeps well for a week or more. **Tomatoes:** Store at room temperature on the counter, uncovered. Check your basket for split tomatoes and eat them or use them right away as they attract flies. Absolutely do not refrigerate any of your tomatoes! They turn mushy. Also, eating them cold makes it more difficult for you to taste the sweetness of the fruit.



Top, spigariello;  
bottom, cherry  
tomatoes.  
Photos by Andy Griffin

Recipes from Chef Jonathan Miller

**Broccoli Salad**



- 1 bunch broccoli
- small handful kalamata olives, pitted and very roughly chopped
- 2 wide slices lemon peel, finely chopped
- pinch chili flakes
- 1 small garlic clove
- olive oil
- 3 T parsley, chopped
- leaves from 3 branches oregano
- 2 bianco di maggio onions, halved and thinly sliced
- ½ lb cherry tomatoes, halved
- red wine vinegar

Cut the broccoli into florets. Peel the remaining stems and cut into bite sized chunks. Blanch the broccoli in salted, boiling water until just tender, about a minute. Drain and rinse under cold water to stop the cooking (or use an ice bath). Drain again.

Toss the broccoli with the olives, lemon, chili flakes, garlic, parsley, oregano, onions, cherry tomatoes, a good amount of olive oil, and some salt and pepper. Taste for salt, then when ready to serve, sprinkle some red wine vinegar over the salad and toss again. Serve at room temperature.

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**Onion, Tomato, Avocado Salad**

- 1 jalapeno, minced
- ¼ c lime juice
- ½ c olive oil
- 1 small garlic clove, minced
- 1 lb cherry tomatoes, halved
- 2 bianco di maggio onions, thinly sliced into rounds
- 2 avocados, cut into thin slices
- cilantro

Combine the jalapeno, lime, olive oil, and garlic in a bowl with a little salt. Whisk to mix, then fold in the tomatoes and onions. Pile the tomatoes and onions on a serving plate, then add the avocados to the bowl with any vinaigrette left in the bowl. Toss gently, place on top of the tomatoes, then drizzle any remaining dressing over the salad. Taste for salt. Finish with some cilantro and serve.

## **Erbette and Carrots with Garlic (and Chicken)**

The chicken is in parenthesis because it is an optional way of making this dish a one dish meal. It's especially good with a skin-on chicken part, using the rendered fat from the skin as a warm dressing for the chard. Leave off the chicken, and you have a delightful and lively side dish.

1 whole chicken breast with wing attached, bone in and skin on  
2 garlic cloves, sliced  
pinch chile flakes  
olive oil  
½ lb baby erbetta chard, sliced thinly  
2 carrots, sliced into matchsticks  
3 T pine nuts, toasted

Heat the oven to 450. Cut the wing tips off the chicken wings. Carefully slice the breast off the bone, making sure to keep the skin on the meat and the wing attached to the breast. Use the breast bone and wing tips in stock. Season the chicken with salt and pepper on both sides. Add a little oil to a super hot, thick bottomed skillet that can go into the oven (cast iron is good here), and sear the chicken, skin side down, until it is deeply colored and the fat has completely rendered from the skin, about 8-10 minutes. Turn the chicken pieces over and transfer the skillet to the hot oven and finish roasting until just cooked through, about 8 minutes. Remove from the heat and allow to rest while you finish the dish.

Heat a few tablespoons of olive oil in a skillet with the garlic and chili flakes. When the garlic sizzles and colors a golden brown, remove the garlic slices, leaving the seasoned oil in the skillet. Add the chard and carrots and saute until wilted and tasty, about 5 minutes. Season with salt and pepper and taste, adjusting seasoning as necessary. Finish with the pine nuts and remove to a serving plate. Top with the chicken (unsliced) and drizzle a little rendered fat over the chicken and chard.

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## **Summer Squash & Potato Salad**

1 lb potatoes  
1 lb summer squash  
peel and juice of 2 limes  
1 T sherry vinegar  
3 T cilantro, chopped  
½ t cumin, ground  
¼ t cardamom, ground  
1 garlic clove, mashed to a paste with some salt  
olive oil (about a third cup)

Steam the potatoes until tender, 10-15 minutes depending on size. Cool slightly and cut into bite sized pieces. Cut the squash into bite sized chunks and blanch in salted, boiling water until just tender, about a minute. Rinse under cold water to stop the cooking or drop into an ice bath. Drain again.

Whisk the lime juice and peel, sherry vinegar, cilantro, cumin, cardamom, and garlic until smooth. Add the olive oil while whisking and whisk well to emulsify. Taste and adjust seasoning.

Toss the veggies with the dressing and serve either by themselves or with the romaine. Finish with a little more cilantro.

## **Seared Broccoli**

A fun and different side dish, this is a grown up way of treating broccoli. It's a great, uncomplicated side dish that works well with a richer or meatier main course. If the broccoli is especially tender, you can omit the peeling of the stalk.

1 bunch broccoli, stems peeled (reserve the peelings for a vegetable stock)  
olive oil  
pinch chili flakes  
2 garlic cloves, peeled and sliced thinly  
juice and peel of 1 lemon  
2 piquillo peppers (jarred), cut into small dice  
1 t capers, rinsed  
2 T chives, chopped  
3 T pine nuts, toasted (optional)

Steam the broccoli until almost cooked, about 4-8 minutes, depending on thickness. (Alternatively, you can blanch the broccoli.) Rinse under cold water to stop the cooking (or drop in an ice bath and then drain).

Carefully cut the broccoli in half, lengthwise, making sure there are florets on both halves.

Heat a large skillet and add a few tablespoons of olive oil. When the oil is hot toss some salt in the pan and then sear the broccoli, cut side down over high heat, until the cut side is deeply colored and caramelized. Remove from the skillet carefully with tongs and quickly add the sliced garlic, chili flakes, piquillo peppers, chives and the capers. Saute 30 seconds, remove from heat, and add the lemon zest, juice, and the pine nuts. Toss well, check for seasoning, and finish with a little pepper.

Put the broccoli on a serving plate and spoon the pepper saute on top and around. Finish with a drizzle of quality olive oil, and serve warm.

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