



Mariquita
Farm

**MYSTERY
THURSDAY**

PICCINO
May 26TH, 2011

[Lettuce](#)
[Strawberries](#)
[New Potatoes](#)
[Tarragon](#)
[Cauliflower](#) OR [Broccoli](#)
[Chard](#)
[Carrots](#)
[Kohlrabi](#)
[Spigariello](#)
[Plum Purple Radishes](#)

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. Strawberries – if eating the same day, store in a cool spot on your counter. If you're not planning to eat them right away, store in a plastic container with a lid in the warmest spot in your fridge. Do not rinse until just before eating! Eat within 36 hours! New potatoes: Leave them in the bag they come in and put them in the crisper drawer of your fridge – not the coldest drawer. Cauliflower (or Broccoli) and Kohlrabi: store in a plastic bag. Use within the week. Carrots and radishes: Separate from their greens, compost the carrot greens, and store roots in a plastic bag in the fridge. Coldest drawer OK. Spigariello, Tarragon, Lettuces, Radish greens and Chard: Remove any rubber bands/twisty ties and store loosely in plastic bags. Not in the coldest drawer.



New Potatoes (top) & Purple Plum Radishes (bottom), Photos by Andy Griffin

Spaghetti and Spigariello (From Chef Jonathan Miller)

olive oil
2 onions, chopped
chili flakes
4 garlic cloves, chopped
1 bunch spigariello, finely chopped
large handful green olives, pitted and chopped
¼ c chopped parsley
4 eggs, beaten
½ c parmesan, grated
1 ½ c bread crumbs
½ lb pancetta, cut into large dice
1 lb spaghetti
6 oz smoked cheese (like smoked gouda or smoked mozzarella), grated

Heat a skillet and sauté the onion and chili flakes in a half cup of olive oil until the onions begins to brown, about 10 minutes. Add the spigariello and some salt and cook until the spigariello is completely wilted, about 4 minutes. Add the garlic, stir, and remove from heat. Put in a large mixing bowl, then add the olives and the parsley. In a medium bowl whisk the eggs and then fold in the parmesan. Set aside.

Sauté the bread crumbs in some olive oil and a little salt until toasty and browned. Set aside. Sauté the pancetta until the fat is rendered and the pancetta is crisp and browned, about 5 minutes. Discard fat and reserve meat.

Bring a large pot of salted water to a boil and cook your spaghetti until it is al dente (check package for exact time). Scoop a quarter cup of pasta cooking water out when the pasta has finished cooking and add it to the spigariello mixture. Drain the pasta, shake, and immediately toss with the spigariello/onion mixture. Pour the egg/parmesan mixture over the noodles and toss quickly. The eggs should thicken and become custardy without scrambling. Add the smoked cheese and continue to toss until everything is fully incorporated. Taste for seasoning, then finish with the pancetta and bread crumbs. Serve warm.

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**Andy on New Potatoes:** True new potatoes are a rare treat. A new potato is not a small potato but a fresh potato harvested from a green, growing potato plant. A somewhat scuffed, frayed appearance to the potato skin is a frequent consequence of harvesting such tender spuds and is unavoidable because the skin has not yet hardened. If left to mature new potatoes would get a little bigger and the skins would get tougher making for typical potatoes that are easier to harvest and ship. Unfortunately for the potato connoisseur the potato, once cured, always loses some of its tender moisture. New potatoes wilt and must be treated like green vegetables and stored in a bag in the fridge. When I get them as a first treat of the potato crop I never store them at all but eat them promptly. I like to steam them briefly and then roll the hot little potatoes in a little butter, a pinch of salt, and twist of pepper and voila! Do potatoes get any better? A friend from Idaho said when she was a girl they would eat new potatoes raw. I've tried it - the experience is not unlike jicama.

### **Spicy Pickled Broccoli**

(Adapted from The Joy of Pickling by Linda Ziedrich)

1 bunch broccoli (about 1 1/5 pounds), florets and peeled, sliced stems  
3 stems chopped green garlic (include plenty of the green since it's just for flavor!) or 2 Tablespoons 'regular' chopped garlic  
1 T dill seeds  
1 T coarsely grated (or chopped) ginger  
1 T yellow mustard seeds  
1 T vegetable oil  
2 1/2 cups white wine vinegar  
2 1/2 cups water  
1 t pickling or other uniodized salt (often called sea or kosher too, I think)

In a large bowl, toss the broccoli with the garlic, ginger, dill, mustard, and oil. Pack the mixture into a 2 quart jar. Combine the vinegar and water, and dissolve the salt in the liquid. Pour the liquid over the broccoli. Cap the jar. Store the jar in the fridge at least one week before eating. It should keep in the fridge for at least several weeks. Makes 2 quarts

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Broccoli Sausage Pasta

(Submitted by E. Kinney)

1 lb turkey Italian sausage
1 lb broccoli
1 box shaped pasta
1 onion
as much garlic as you can stand
Toasted Pine nuts
Parmesan Cheese
Chicken Stock
Red Pepper flakes

Sauté onion and garlic in pan until softened. Add sausage and sauté until browned. At the same time, blanch the broccoli in boiling water and drain and cook pasta in boiling water until Al dente. Once Broccoli is done add it to the sausage mixture along with crushed red pepper flakes to taste. Add small amount of chicken or vegetable stock to moisten the "sauce". Place a good amount of pasta on plate, add shaved parmesan, and add "sauce". Add more parmesan and toasted pine nuts.

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### **Vegetables Vindaloo**

If you don't keep vindaloo masala (spice mixture) or a vindaloo paste around, this will be a more involved dish for you, but it is delicious, and a nice example of the Portuguese-Indian blend of flavors known as vindaloo. I'm providing a recipe for each part of this dish, but if you can save a little time if you like by purchasing a store-bought vindaloo spice mixture. Do, however, seek out fresh curry leaves for the paste at an Indian market - they make a difference! Also, make sure you use whole spices and grind them fresh in a spice grinder. This curry is designed for some of the veggies in your box, but you should feel free to substitute others as you prefer. If you have any leftover kohlrabi, use it here. It's delicious and authentic in this recipe.

### Vindaloo Masala:

3 chili de arbol  
1/3 c + 1T coriander seeds  
2 T cumin seeds  
2 T black cumin seeds  
1 T black peppercorns  
1/2 T fenugreek seeds  
1 t mustard seed  
1/2 t black cardamom seeds  
1/2 t ground turmeric  
1/2 t ground cloves  
1/2 t ground cinnamon

Toast the whole spices for a minute or two in a dry skillet until they are fragrant and color just slightly. Remove from heat and cool completely. Grind finely in a spice grinder, then combine with the remaining ground ingredients.

### Vindaloo Paste

3 chile de arbol  
1/4 c distilled white vinegar  
8 quarter sized slices peeled fresh ginger  
6 garlic cloves, chopped  
1 onion, chopped  
30 fresh curry leaves, chopped (about 3 stems)  
salt  
1/2 c (about 1 batch from above) vindaloo masala  
peanut oil

Soak the chiles in the vinegar for 2 hours.

In a food processor, process the chiles, vinegar, ginger, garlic, onion, curry leaves, and a couple teaspoons salt until it becomes a smooth paste. Add the masala and process again. Heat the oil in a saucepan and sauté the paste over high heat for a couple minutes, then reduce the heat to medium low and continue to cook until it becomes a rich brown color, about 10 minutes. Cool.

### Vegetables Vindaloo

1 batch vindaloo paste (from above)  
3-4 c carrots, cut into large dice  
1 lb potatoes, cut into large dice  
1 bunch chard, shredded  
1/4 c chopped cilantro

Heat the paste in a large saucepan and add the vegetables. Sauté 8-10 minutes, or until softened. Add 3 cups water and simmer, covered, until the veggies are tender, another 10 minutes or so. The sauce should thicken somewhat. Serve with the cilantro

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