



Mariquita  
Farm

Mystery  
HThursday

Piccino  
Jan. 7<sup>th</sup>, 2010

[Red Potatoes](#)

[Loose Spinach](#)

[Red Radishes](#)

[French Breakfast Radishes](#)

[Arugula](#)

[Escarole](#)

[Portuguese Cabbage \\*](#)

[Leeks](#)

[Red Turnips](#)

[Fennel](#)

[Cauliflower \(green or orange\) OR Broccoli di cicco](#) (grab bag: you don't get to choose, sorry!)

[Romanesco](#)

**\*\* I will have dried apricots (\$9/1# bag); garlic basil [lamb sausage](#) (approx .75# packages for approx \$6-8); and Broccoli di Cicco! 1# bags for \$3.**

**\*Portuguese Cabbage** is a green cabbage type but with a loose head: the darker green leaves and the whole stem can be used just like cabbage or kale.

**Important Disclaimer to the above vegetable list:**

This is approximate. There may be differences in your box. We believe these boxes are a great deal, and sometimes we put extra things in that aren't on the above list, and sometimes we substitute, and things change! Please be patient, adventurous, and happy, you can always *not* order a box and go to the farmers market – this is a genuine sentiment not a snotty comment, truly. ☺

**Fridge Management:** *Everything* into the fridge. Top the turnips and radishes and eat up their greens asap. If space is difficult, top the fennel bulbs and

leeks, and cook up (or salad up) the escarole and portuguese cabbage. That should help a little!

[Recipes A-Z on our website](#)

**RISOTTO WITH NETTLES**

Recipe by [Joanne Weir](#) thanks, Joanne! [her blog](#)

6 ounces nettles, stems removed  
2 cups homemade chicken stock  
2 cups water  
2 tablespoons extra virgin olive oil  
1 small yellow onion, minced  
1 cup Arborio, vialone nano or carnaroli rice  
3/4 cup dry white wine, preferable Sauvignon Blanc  
Salt and freshly ground black pepper  
3/4 cup finely grated Parmigiano Reggiano  
1 tablespoon unsalted butter

To remove the stems from the nettles, be sure to use latex gloves.

Place the chicken stock and water in a sauce pan and heat until it is hot but not boiling. Reduce the heat to low and maintain the heat just below a simmer. Place a ladle in the pan.

Warm the olive oil in a large heavy casserole over medium heat. Add the onions and cook, stirring occasionally, until soft, 10 minutes. Add the rice and nettles and stir for 2 to 3 minutes to toast the rice and coat with oil.

Add the wine and simmer, stirring constantly, until the wine has reduced by half, 3 to 4 minutes. Add a few ladlefuls of stock to the rice and stir to wipe the rice away from the sides and the bottom of the pot. Continue to stir until most of the liquid has been absorbed. Add another ladleful of stock and continue to stir until the liquid has been almost absorbed. Continue to add stock and stir in the same manner until the rice is no longer chalky, 20 to 25 minutes total, depending upon the variety of rice. Season with salt and pepper. Remove the pan from the heat and add another ladleful of stock, the butter and the half of Parmigiano. Cover the pan and let sit covered off the heat for 5 minutes. Remove the cover and stir. Place the risotto in a bowl and serve immediately. Pass a bowl of Parmigiano alongside Serves 4

**Escarole and White Bean Salad with Fennel and Gruyere Cheese**

from [The Greens Cookbook](#) by Deborah Madison with Edward Espe Brown

½ cup small dry white beans  
1/4 teaspoon salt  
Mustard Vinaigrette (see below)  
1 tablespoon chives, sliced into narrow rounds  
1 to 2 tablespoons Italian Parsley, chopped  
1 teaspoon fresh chervil or tarragon, finely chopped  
1 small fennel bulb or several celery stalks, sliced into 1/4 inch pieces  
3 ounces Gruyere cheese, cut into narrow matchsticks  
Pepper  
6 handfuls (about 12 cups) escarole leaves or a mixture of escarole, curly endive, romaine hearts and radicchio  
2 tablespoons butter  
2 slices rye bread or Country French Bread, cut into cubes for croutons

Sort through the beans and rinse them well. Cover them with boiling water and let them soak for 1 hour; then pour off the soaking liquid. Cover them generously with fresh water, bring them to a boil, add the salt, and lower the heat to a simmer. Cook until the beans are tender but still hold their shape, 45 minutes or longer, as needed. Drain, and save the liquid to use in a soup stock. (I would be occasionally tempted to skip this step with a can of rinsed cannelloni beans... JW)

While the beans are cooking, prepare the vinaigrette. When the beans have cooled down so that they are warm but no longer hot, toss them with half the vinaigrette and the herbs, fennel and cheese. Season to taste with salt, if needed, and freshly ground black pepper, and set aside.

Prepare the greens. Use the pale inner leaves of the escarole, torn or cut into pieces; tear or slice the radicchio into smaller pieces. Wash the greens carefully, giving special attention to the bases of the escarole leaves, which often hold a lot of silt. Spin them dry and if they are not to be used right away, wrap them in a kitchen towel and store them in the refrigerator.

Melt the butter in a skillet, add the bread cubes, and toss them well. Fry them over low heat until they are brown and crisp all over, shaking the pan every so often so they don't burn.

To assemble the salad, toss the greens with the remaining vinaigrette; then add the beans and the croutons and toss again. Arrange the salad in a shallow, flat bowl with the beans distributed evenly among the greens.

### **Mustard Vinaigrette**

1/4 teaspoon dried tarragon  
1/4 teaspoon fennel seeds  
1 ½ Tablespoons sherry vinegar  
1/4 teaspoon salt  
1 ½ teaspoons Dijon mustard  
2 Tablespoons creme fraiche or sour cream  
6 tablespoons virgin olive oil

Grind the tarragon and the fennel seeds with a pestle to bruise them and partially break them up. Put them in a bowl with the vinegar, salt, mustard, and creme fraiche or sour cream, and stir until the mixture is smooth. Whisk in the olive oil vigorously until the ingredients are completely amalgamated into a thick sauce. The dressing will be very strong.

### **Julia's Escarole Note:**

I'm a fan of escarole. It's a crunchy green with a bit more heft than lettuce, and it makes a great salad: on it's own simply dressed or tossed with 10 other things to make a grand main course salad. In my heart though I'm a cooked greens fan, always. I like escarole cooked up with garlic in my Standard Cooked Greens Recipe: garlic oil heat cleaned cooking green: apply together and you have a great side dish or taco stuffing. –Julia

**Fennel for Breakfast:** Last night I made a fennel/onion salad with my Benriner mandoline (20 years old and still slicing...): thinly sliced fennel + thinner sliced onion + a vinaigrette, similar but not as fancy as the Greens Cookbook version above. THEN this am Andy and I are running around getting kids ready for school, field trips, restaurant availability, oh, and tonight's mystery box! My Breakfast of Champions = Whole Wheat tortilla with thinly sliced gruyere cheese + a heap of that leftover fennel salad. YUM. I'm a savory b-fast girl.