



Mystery Thursday

Piccino
Dec. 9th, 2010

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- ~ [Escarole](#)
 - ~ [Collard Greens](#)
 - ~ [Chantenay Carrots](#)
 - ~ [Cilantro](#)
 - ~ [Potatoes](#)
 - ~ [Sweet Potatoes: Japanese White-Fleshed](#)
 - ~ [Spaghetti squash](#)
 - ~ [Savoy cabbage](#)
 - ~ [Spinach](#)
 - ~ [Sunchokes](#)
 - ~ [Spigarello](#)
 - ~ [Green tailed "winter onions"](#)
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Disclaimer to the above vegetable list: The list above is approximate. There may be differences in your box. Thank you.

Fridge Management: *Everything* into the fridge except the sweet potatoes and spaghetti squash. The Spaghetti squash is a winter squash: It will store in any cool part of your kitchen/pantry. Top the carrots and store in your fridge. If you have little space, top the onions as well, and cook up the spinach and spigariello greens. The cabbage, escarole, and collards are heartier and can be kept a few days. For space management, cook up the collards and escarole next, saving the cabbage for last!

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

[Spigariello Post from One Blog West](#)

[The Escarole Situation Blog Post from Vegan Eats and Treats](#)

[Tea and Cookie Spaghetti Squash Blog Post](#)

[Fried White Sweet Potatoes from Karma Free Cooking Blog](#)

[More on Sunchokes from the NYT](#)

[Cilantro Day next Wed. in Hayes Valley!](#)

Sauteed Sunchokes with Sunflower Seeds

adapted from *Vegetarian Cooking for Everyone* by Deborah Madison // *I found that peeling the 'chokes was easiest with a sharp paring knife. Scrubbing them was also easy, you can decide which you prefer. It might depend on what you want your final dish to look like. A rustic saute that will be sprinkled with seeds and parsley doesn't really need the pure white of peeled sunchokes; a creamy white soup might want the roots to be peeled.*

- 1 1/2 pounds sunchokes (also called Jerusalem artichokes), sliced into 1/4 inch rounds
- 2 tablespoons sunflower seed oil, or other high heat oil such as peanut or grapeseed
- S & P to taste
- 3 Tablespoons sunflower seeds, toasted
- 2 Tablespoons parsley, chopped
- 1 teaspoon chopped thyme

Saute the sunchokes in the oil in a large skillet over high heat until lightly browned and tender but still a bit crisp. Taste them as they cook; they can be done in 5 minutes or as many as 10 minutes. Season to taste with S & P, add the sunflower seeds, parsley, and thyme, and toss well. Serves 4-6.

Sunchoke & Cauliflower Soup

From [Chef Jonathan Miller](#)

- butter
- 1 baby fennel bulb or celery stalk, chopped finely
- 1/2 onion, chopped finely
- 2 c chicken stock
- 3/4 c milk
- 1 small head cauliflower (about a pound), cut into florets
- 1/2 lb sunchokes, peeled and cut into small chunks
- 1 sprig thyme

Melt a few tablespoons of butter in a saucepan and add the fennel and onion. Cook over low heat (no browning) until soft, about 8 minutes. Add the stock and milk and bring to a simmer. Add the cauliflower, sunchokes, and thyme and return to a simmer. Simmer slowly for about 30

minutes, or until the sunchokes are tender.
Remove the thyme sprig. Cool slightly.
Puree the soup and then season with salt and pepper. Taste and adjust seasoning.
Delicious with toasted bread.

Spaghetti Squash and Tarragon

From [Chef Jonathan Miller](#)

1 spaghetti squash, halved lengthwise and seeded
1/4 c white wine
1/4 c pine nuts
1 T white wine vinegar
zest of half a lemon
juice from half a lemon
leaves from 2 thyme sprigs
crushed red pepper flakes
1/4 c olive oil
leaves from 3 sprigs tarragon, chopped
1/3 c grated ricotta salata

Heat oven to 350. Baste the spaghetti squash flesh with olive oil and sprinkle with salt and pepper. Put cut side down in a baking sheet and pour in the wine and about a third cup of water. Roast for about 50 minutes, until just barely tender, then remove from the oven and flip the squash over to cool. While the squash roasts toast the pine nuts until nicely golden. Combine the vinegar, lemon zest, lemon juice, thyme, crushed pepper and a little salt in a bowl. Whisk in the olive oil until emulsified. Scrape the squash out of its skin with a fork, separating it into strands and put in a large bowl. Toss with the dressing, then finish with the tarragon, ricotta salata, and the pine nuts. Serve while still warm or at room temperature. Yummy!

Grits and Greens Casserole from Eating Well

Cilantro Pesto

adapted from *AllRecipes.com*

1# package curly pasta
1 bunch fresh cilantro
5 cloves garlic, minced
1 tablespoon sherry vinegar
1/4 cup grated Parmesan cheese
cayenne pepper to taste: a pinch?

1/2 cup toasted walnuts or pecans
salt to taste
1/2 cup olive oil

Bring a large pot of salted water to a boil. Add the pasta, and return water to a boil. Cook pasta for 8 to 10 minutes, or until al dente; drain well. In an electric food processor or blender, blend cilantro, garlic, vinegar, Parmesan cheese, cayenne pepper, nuts, and salt. Add 1/4 cup of the olive oil, and blend the pesto. Add more olive oil until the pesto reaches your desired consistency. Pour pesto in a small saucepan and warm over low heat, stirring constantly, until pesto begins to simmer. Pour over cooked pasta and toss.

ESCAROLE SOUP

1/4 lb White beans
5 c vegetable or chicken broth
2 Tablespoons olive oil
2 Tablespoons minced garlic
1 onion, diced
2 c chopped escarole
Salt and pepper -- to taste
croutons, optional

SOAK THE BEANS OVERNIGHT IN WATER. Drain. Place beans in a pot, add broth, cover and cook over medium heat until beans are soft, about 30 minutes. (or use canned white beans if there isn't time to soak and cook...) Meanwhile, place another pot on the stove, add oil, place over medium heat, add garlic and onion and cook, stirring occasionally, for 7 minutes, or until onions soften. Add the escarole and continue to cook until wilted, another 10 minutes. Add the beans and broth to the pot with the escarole. Add salt and pepper as desired, cover and simmer for 20 minutes. Serve hot, with the addition of croutons if desired. serves 8

Favorite Escarole Salad from Martin:

1 large head escarole washed and torn into large bowl. Dress with: olive oil, sherry or champagne vinegar, shaved parmesan, S & P, and truffle oil. So delectable!