



MYSTERY THURSDAY

PICCINO
March 5th, 2009

Ruby Crescent Potatoes
Green Garlic
Baby Carrots
Cauliflowers (romanesco, purple, or orange)
Puntarelle
Radicchios (mixed)
Erbette Chard
Gold Turnips
Orach (old fashioned purple spinach)
Curly Parsley (retro!)
Red Beets
Japanese Red Mustard Greens

Fridge Management: Everything into the fridge. Remove greens from turnips and beets as soon as you arrive home. Cook them or toss these green tops within one day. If space is an issue: cook up the chard & mustard soon.

What I'd do with this week's box: I'd cook the radicchios down with a bit of the garlic, I like cooked greens. BUT this time of year they are quite sweet and work well in a salad, even by themselves! Potatoes will be roasted (half of them) and made into soup (other half.) Beets are steamed then made into a salad that's dressed with some of the parsley. Turnips are cooked with beef in a rich winter soup/stew. Puntarelle: Roman Salad! Cauliflowers: roasted, salted, eaten.

Michael's Cauliflower Recipe

We steamed cauliflower in our bamboo steamer. Then sauteed onions, garlic, roasted red peppers & some green chiles. Next, we scrambled 5 eggs. Then stirred in the sauteed & steamed veggies. Shredded some gruyere cheese & put that on top, threw that in the broiler for 1 minute. lastly, we topped it with some buttered panko breadcrumbs. dee-lish!

Puntarelle Salad

1 head puntarelle: cut the white part into thin strips then plunge into ice water. They should curl up a bit. Leave them in the water while you make the dressing:

Mix together: (I use a small blender jar)
2-3 stalks green garlic or 2 cloves garlic, chopped
3 anchovy fillets, rinsed, patted dry
Large pinch of coarse kosher salt
1/4 cup extra-virgin olive oil
1 tablespoon red wine vinegar
2 teaspoons Dijon mustard

Dress the puntarelle curly sticks.

Turnip Beef Soup

1/2 lb. beef sirloin or beef stew pieces
1 Tablespoon olive oil
4 cups beef or chicken broth
1 cup Beer or ale
1/4 cup barley, rinsed & drained OR Brown Rice
2-3 Turnips, peeled and cut into small cubes
1-3 leeks or onions, chopped
2 Carrots, scrubbed & cut into small cubes
1 stalk celery, diced OR chopped cutting celery, chopped!
parsley, chopped
Fresh or dried thyme
S & P to taste

Trim away all visible fat from beef and cut into small cubes. Heat oil in a large saucepan; add beef and cook over medium heat to brown on all sides. Add remaining ingredients to pan and bring to a boil. Reduce heat and simmer, covered, for 1½ hours. Makes 4 to 6 servings.

Recipes A-Z on our website

And a plea for radicchio recipes! I don't have any on my website! If you have any please send them to me, thanks. -Julia

No Paper Newsletter.... Print this if you want a paper version. Thank you.

**** Make your pre orders for any upcoming mystery nights, it's better to not wait for my reminder emails! Just a tip.**