



MYSTERY THURSDAY

PICCINO
Dec. 23rd, 2008

Austrian Crescent Potatoes
Cauliflower
Baby Carrots
Lettuces
Parsnips
Watermelon Radishes
White Carrots
Castelfranco Radicchio
Sorrel
Radishes (purple OR French Breakfast)
Mizuna
Swiss Chard
Cutting Celery (an herb)
Rapini

Recipes A-Z on our website:

Mariquita.com plus each veggie is linked to it's own page above.

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

Fridge Management!: Top the carrots first (they store better that way) and toss the greens. Yes, they're edible, but you're not *that* hungry, are you!? If you're still looking for extra space cook the chard with all the radish greens *tonight* (and mizuna & rapini too if you like) with a bit of garlic or onion. Then you have a snack that's healthy, something to mix into your soup, add to a warm sandwich, stir fry, etc. You can store these cooked greens for at least 2-4 days in the fridge, or even freeze them for soups later. All the radish greens are great cooking greens that can be treated like mustard greens or even kale.

Cutting Celery!? Looks like parsley, tastes like celery: use anywhere you'd use either.

Cream of Sorrel Soup

Source: *Joy of Cooking*

Clean, shred from the midrib and chop:

½ cup sorrel leaves

1½ cups leaf lettuce

Sauté them until wilted in:

1 to 2 tablespoons butter

When they are sufficiently wilted, there will be only about 3 tablespoons of leaves.

Add:

5 cups poultry or vegetable stock

Simmer about 2 minutes. Remove from the heat and add a small amount of the soup to: ½ cup cream

3 beaten egg yolks

Combine all ingredients and heat until the soup thickens slightly, but do no boil. Makes 5 to 6 cups.

Broccoli Raab

James Peterson, *Vegetables* Serves 4

2 pounds broccoli raab

1 tablespoon salt

1 tablespoon white or brown pale miso

¼ cup mirin or 6 tsp sugar dissolved in 3 Tbsp hot water

1 teaspoon Asian dark sesame oil

2 teaspoons white sesame seeds

Cut the broccoli raab flowers and leaves away from the larger stems. Discard the stems. Rinse and drain the leaves and flowers in a colander. Bring about 4 quarts of water to a rapid boil with the salt. Boil the broccoli raab for five minutes, uncovered, over high heat, and drain in a colander. Immediately rinse the broccoli with cold water and pat it dry in towels or spin it in a lettuce spinner to get rid of excess water. In a mixing bowl large enough to hold the broccoli raab, work the miso, mirin and, and the sesame oil to a paste with a whisk. Just before serving, tossed the broccoli raab with the the paste. Arrange the broccoli on one large plate and sprinkle with the sesame seeds or arrange it on individual plates and sprinkle each serving within the sesame seeds.