



**Winnepesaukee
Woods Farm**

Summer CSA 2017: Week 13

In your share this week:

Broccoli Gratin

Adapted from In Season

salt and pepper to taste

5 c broccoli

pinch of ground nutmeg and crushed red pepper

1 clove garlic, minced

1 c cheddar cheese

1/4 c flour

1 c panko breadcrumbs

2 c milk

1/4 c Parmesan cheese

1 T melted butter

1/8 c chopped parsley and/or fennel fronds

Steam broccoli until just tender, about 6-8 mins. Drain well and set aside. In a small pan saute the garlic and onions about 5 mins. Sprinkle flour over onions. Cook, stirring constantly for 3 mins without allowing to brown. Whisk in milk and bring to a boil. Add in spices and cook 5 mins. Stir in cheddar cheese and remove from heat. Combine with broccoli. Transfer to a baking dish. Mix together breadcrumbs, Parmesan, melted butter. Top broccoli with breadcrumbs. Bake at 350 for 20 mins. Remove from oven and top with parsley and fennel fronds.

Corny Cornbread

Adapted from In Season

2 c milk, yogurt, or a mix

2 c cornmeal

3 eggs beaten

1/4 c honey

2 c corn off cob

1 t salt

1 t hot or mild green chiles, minced

1 t baking soda

Mix cornmeal, honey, salt, and baking soda. Mix in eggs, milk/yogurt. Mix in corn and chilis. Pour into a greased 2.5 quart casserole dish or cast iron pan that has been preheated. Bake at 350 until toothpick placed in center comes out clean. About 40 minutes.

Fresh Corn Sauté

Adapted from In Season

1/4 c water

3 T butter

1 T honey

1 c green pepper

salt and pepper to taste

1/2 c onion chopped

2 T sweet red pepper diced

4 c corn

if desired: 1/2 c cheddar cheese and 4 slices bacon, chopped

Melt butter in pan and add in green pepper. Add in onion and saute for 2 mins. Add in corn, water, honey, salt, p

Singapore Fried Rice Noodles

Adapted from Asian Noodles	1 1/2 T curry powder
Ginger Marinade:	3 1/2 c scallions, leeks, or onions
2 T rice wine or sake	1 1/2 T minced fresh ginger
2 t minced fresh ginger	3 c bean sprouts
1/2 t toasted sesame oil	2 carrots, julienned
3 1/2 T oil	3 c bok choy chopped
	1/4 lb thin rice stick noodles or vermicelli softened in hot water and drained
	Singapore Sauce:
	1/4 c chicken or vegetable stock, 2T rice wine or sake, 1 T ginger minced, 2 T soy sauce, 1/2 t sugar, 1 t salt, 1/2 t pepper

For marinade, combine the first 3 ingredients. Combien shrimp with ginger marinade, tossing to coat. Heat a pan over high and add 2 T oil and heat. Add shrimp and saute until pink, about 1.5 mins. Remove and wipe out pan. Reheat pan and add remaining oil and heat until very hot. Add curry powder and stir fry until fragrant, Add leeks/scallions/onions and fry for 2 mins. Add bean sprouts and bok choy and cook for 30 seconds. Add in shrimp, rice noodles, and Singapore sauce and toss until noodles have absorbed the sauce and are tender.

Roasted Eggplant and Fennel Bake

1 eggplant	3 cloves garlic, minced
1 fennel bulb	1 1/2 c Parmesan cheese
2 medium tomatoes, sliced or diced	salt, pepper and red pepper flakes to taste
1 onion	Angel hair or other pasta cooked and tossed in olive oil and pepper
1/4 c basil chopped	

Slice eggplant in half and then into 1/2" slices. Toss in salt and let sit for 10-15 minutes, then rinse, slightly squeezing water out. Toss eggplant and fennel in olive oil and roast in 400 degree oven for 30-40 minutes, or until well browned. While eggplant is cooking, caramelize onions with olive oil or butter on stove-top on low until soft and well browned, but not burned. Layer all ingredients together in a baking dish. Cover with aluminum foil. Bake on 400 for 30 minutes or until tomatoes are softened. Remove foil and add minced garlic, basil, and red pepper flakes (if desired) and and sprinkle with cheese. Continue to bake 5 or 50 minutes or until cheese is well melted. Serve with pasta and bread!