



**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.

Roasted Fennel with Parmesan

Taken from Food Network

salt and pepper to taste

1 T olive oil

1/4 c parmesan cheese

1 fennel bulb, cut horizontally into 1/3 inch slices

1 fennel bulb fronds

Preheat the oven to 375 degrees F. Lightly oil the bottom of a baking dish. Arrange the fennel in the dish. Sprinkle with salt and pepper, then with the Parmesan. Drizzle with the oil. Bake until the fennel is fork-tender and the top is golden brown, about 45 minutes. Chop enough fennel fronds to equal 2 teaspoons, then sprinkle over the roasted fennel and serve.

Sauteed Bok Choi

Adapted from Chowhound

1 T soy sauce

Olive or canola oil

1 T water

1 cloves garlic, minced

1/4 t sesame oil

1 t minced ginger

salt and pepper to taste

1 bunch bok choy cut into 1 inch pieces

Serve with a side of rice

In a large frying pan with a tightfitting lid, heat the vegetable oil over medium-high heat until shimmering. Add the

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, 2 T 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. Combine 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!