



**Winnepesaukee
Woods Farm**

Summer CSA 2017: Week 14

In your share this week:

Stuffed Cabbage - Vegetarian

Adapted from Cooking Close to Home	Rustic Tomato Sauce
approx 12 leaves napa cabbage	2 T olive oil
2 T olive oil	1/4 c onion
2 c onion chopped	4 cloves garlic minced
2 c mushrooms chopped	6 c tomatoes chopped
6 cloves garlic minced	1/4 c tomato paste
1 bunch swiss chard, kale, or other green, chopped	3 T balsamic vinegar
salt and pepper to taste	3 t basil
3/4 c vegetable stock	2 t oregano
1/2 c chopped parsley	red pepper flakes to taste
2 c cooked rice, bulghur, barley, or other grain	1 c vegetable stock
	2 T curry powder

Heat olive oil and add onions and garlic and saute about 5-7mins Add in tomatoes, paste, vinegar, basil, oregano, and red pepper flakes and simmer for 45 minutes or until quite thick and liquid is cooked off. Puree until smooth. Add in veggie stock and curry powder. (Reserve any extra sauce for use in another dish). Preheat oven to 350. Blanch cabbage leaves in boiling water about 4 mins or until just tender. Remove from heat and immediately cool in ice water. Drain. In a pan heat olive oil and add garlic and onions. Saute from 2-3 mins. Add in mushrooms and saute for 3-4 minutes. Add in greens, stock, salt, and pepper and cook until greens are wilted. Mix in grain of choice. Remove from heat and set aside. Lay leaves flat. Fill with filling and roll. Halfway through the roll, fold in sides, and finish the "log". Arrange cabbage leaves in a baking dish. Top with rustic tomato sauce. Bake for 35-40 mins.

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 garlic, ginger, and red pepper flakes and cook, stirring constantly, until fragrant but not brown, about 30 seconds. Add the bok choy and, using tongs, fold it into the garlic-ginger mixture until coated, about 1 minute. Add the soy sauce and water, cover, and cook until steam accumulates, about 1 minute. Uncover and cook, stirring occasionally, until the greens are just wilted, the stalks are just fork tender but still crisp, and most of the water has evaporated, about 2 minutes. Turn off the heat, stir in the sesame oil, and season with salt if desired.

Pan Roasted Carrots with Honey Glaze

Adapted from Cooking from the Farmer's Market

1 pound carrots

2 T butter or olive oil

2 T honey

1 t lemon zest

salt and pepper to taste

Cut carrots into strips that are no larger than 1/2 inch in diameter. Place carrots into a pan large enough to hold the carrots in a single layer. Add the carrots and enough water to come halfway up the sides of the carrots. Add butter/oil, honey, zest, salt and pepper and bring the water to a boil. Partially cover the pan and reduce the heat to medium high. Continue to boil until the carrots can be pierced with a fork, about 10 mins. Uncover and continue to boil until the carrots start to caramelize, about 4 mins. Add additional salt if needed and serve.

Roasted Tomatillo Salsa

Adapted from Food Gift Love

1# Tomatillos, husked and halved

salt and pepper to taste

1-2 onions, med.

2 T Cumin, ground

Jalapenos, as desired

1 T Coriander, ground

Cilantro, rough chop

2-3 Garlic cloves, peeled and crushed

Stock or water, as needed

Roast tomatillos on a pan under the broiler until nice and charred, heat oil in a sauce pan and caramelize onions while roasting tomatillos. Add garlic, roasted tomatillos, chopped jalapenos, + spices to onions and cook down, adding liquid as needed (chicken stock is best!). When well cooked down, 15-20 min., add chopped cilantro and pull from heat, let cool slightly and use an "immersion blender" or food processor to blend until smooth. Use for dipping, topping enchiladas, or cooking!

Polish Haluski

Taken from the Spruce

If desired:

1 large onion, sliced in rounds

1 lb cooked kielbasa or sausage

8 oz butter

1 c peas

1 large cabbage, cut into 1 inch pieces

8 oz egg noodles

salt and pepper to taste

Cut onions rounds into fourths. In a large pan, saute the onion in half of the butter over low heat until lightly caramelized. This might take 15 mins. Add cabbage and the remaining butter, salt, pepper, and 2 T water. Do not cover. Saute slowly, stirring frequently, over low heat until the cabbage is tender, but not brown, approximately 30 mins. Combine onion and cabbage mix with cooked noodles. Bake uncovered in a casserole or baking dish for 30 mins uncovered at 350 until the top is lightly browned.