



Winnepesaukee
Woods Farm

Fall CSA 2017: Week 1

In your share this week:

Sheet Pan Chicken Curry

Adapted from In Smitten Kitchen

4 potatoes cut into cubes

2 pounds chicken

1 large head cauliflower cut into florets

2 T ginger root minced

salt and pepper to taste

3 cloves garlic minced

1/2 t cumin seed

1 jalapeno minced

1/4 c cilantro

1/2 c whole milk plain yogurt

1 onion cut into thin rings

1/2 t chili powder

2 T curry powder

Combine ginger, garlic, jalapeno, yogurt, salt, spices. Add chicken pieces and coat. Marinate at least one hour in refrigerator. Heat oven to 425. Toss potatoes and cauliflower in olive oil, salt, pepper, and cumin seed. Place on baking sheet. Place chicken on pan between potato/cauliflower mix. Roast 20 minutes. Remove from oven and toss potato and cauliflower to ensure even cooking. Toss onion rings in olive oil and place on top of chicken. Cook additional 10-20 mins with onion rings on top. Serve with fresh cilantro.

Eggplant Bake

1 eggplant

salt and pepper to taste

1 fennel bulb

Red pepper flakes to taste

2 medium sized tomatoes sliced

Angel hair pasta cooked and tossed in olive oil and pepper

1 onion, sliced

1/4 c basil, chopped

1 1/2 c Parmesan cheese

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 so minutes or until cheese is well melted. Serve with pasta and bread! How do you prepare the fennel bulb?

Cut off stalks and save for other uses. Trim the bottom of the bulb and peel off any wilted or browning layers from the outside of the bulb. Cut the bulb in half, and then half again (of each side) cut out core from each quarter at a "diagonal" angle. If you leave just a bit of the core the quarters stay together nicely. You may then slice, or chop as you like...or leave whole for other caramelized fennel recipes!

Asian Chicken Salad

Adapted from Cooking Classy

1/2 t salt

1 lb chicken

1 t sesame seeds, toasted

1/2 cup Cilantro, leaves

2 tbsp Hoisin sauce

2 tbsp Ginger

1/4 cup Soy sauce, low-sodium

1/4 cup onion, chopped

1 t Sriracha

1 1/2 cups Matchstick carrots

3 T canola or olive oil

1 lb Napa cabbage

1 T Sesame oil, toasted

2/3 c toasted almonds

1/4 c red wine vinegar

For the marinade: In a mixing bowl (or 2-cup liquid measuring cup), whisk together soy sauce, ginger, canola oil, hoisin sauce, sesame oil, Sriracha and 1/2 tsp salt. Add chicken breasts to a large resealable bag and add 3 Tbsp of the marinade mixture, **reserving remaining**. Seal bag and rub marinade over chicken, then transfer chicken to refrigerator and let rest at least 30 minutes, or up to 1 day. For the dressing: Add red wine vinegar and 1/4 cup chopped onions to remaining dressing mixture and whisk to blend. Set aside (chill in refrigerator if marinating chicken longer than 1 hour). For the salad: Heat a grill or grill pan over stove top over medium-high heat. Cook, about 4 minutes per side, or until chicken has cooked through (it should register to 165 degrees in center of chicken when tested with a meat thermometer). Transfer to a cutting board and let rest 10 minutes. Then, cut chicken crosswise into strips about 1/4-inch thick. In a large bowl toss together cabbage, chicken, carrots, almonds, 3 chopped green onions, and cilantro with enough dressing to coat salad. Sprinkle top with sesame seeds and serve.

Kale, Carrot, and Caramelized Onion Pizza

4-5 Baby Bella, Shiitake, or Button mushrooms sliced

1/2 cup shredded sharp cheddar

10-15 Sage leaves, can be lightly browned in butter

Olive oil for pizza base

2 cups of baby kale or full size kale chopped

salt and pepper

1 cup caramelized onion

Your favorite pizza dough

2 cups of shredded fresh mozzarella

3/4 cup carrots, cut into thin matchsticks		
Wilt kale in pan using olive oil - do not fully cook. Remove from pan and set aside. Place sliced onion in pan with olive oil and/or butter and cook on low until the onions are browned, but not burnt. Add sage at the end to brown. Roll out dough and let rest for 10 minutes. Brush with olive oil. Add toppings and bake approximately 15 minutes or when crust is golden brown.		
<h2>Roasted Turnip, Apple, and Kale Salad</h2>		
1 bunch turnips cut into slices	Dressing:	
1/4 c toasted pumpkin seeds	3 T olive oil	
1 bunch kale	2 T balsamic vinegar	
1 medium carrot	1 T Dijon mustard	
1 tomato, diced	salt and pepper to taste	
1 apple, diced	1 T fresh or dried basil	
	1 t finely diced garlic	
<p>Toss sliced turnips in olive oil, salt, and pepper. Lay out in a single layer on a baking sheet. Roast in the oven at 400 for about 15-20 minutes, depending on thickness of the slice. Toss halfway through cooking. Wilt in the meantime, lightly toast the pumpkin seeds by placing them in a dry skillet and cooking over medium heat. Constantly stir the seeds to ensure even cooking. When they begin to pop and give off a nutty aroma, they are ready. Set aside to cool. Wash kale and place in a large pot of boiling water for 30 seconds. Place in strainer and cool with cold water, cut into bite size pieces. Finely dice and peel the carrot. Place all dressing ingredients in a bowl and mix well with a wire whisk. In a separate bowl place chopped kale, sliced carrots, diced apple, and pumpkin seeds. Add dressing and toss gently. Top salad with tomatoes and roasted turnips. Serve chilled.</p>		