



**Winnepesaukee
Woods Farm**

Fall CSA 2017: Week 2

In your share this week:

Broccoli Soup Modifications

For those that would like to kick their soup up a notch!

Cheddar Topping

1/4 c fresh chopped parsley

1/4 c shredded sharp cheddar

1/8 t salt

1/8 t pepper

Mix all ingredients and add heaping spoonfuls to top each bowl of soup

Convert to Broccoli Cheddar Soup

1/2 c shredded cheddar cheese

1 T sour cream

salt and pepper to taste (if desired)

Heat soup over medium heat until near simmering. Stir in cheese and sour cream. Continue stirring until all cheese melts. Serve immediately.

Honey-Caramelized Onion Tart

Taken from *Bon Appetit*

1 sheet frozen puff pastry (or homemade pastry)

6 slices bacon, chopped

1/4 c honey

1/4 c dry white wine

1-2 onions cut into rounds

3/4 c creme fraiche, sour cream or 1c heavy cream with 3T buttermilk (This can also be substituted with a simple olive oil base)

salt and pepper to taste

1/8 t nutmeg

1 t thyme

olive oil or cooking spray

Preheat to 375°F (if roasting the onions; if caramelizing them on stove top, see below, skip preheating oven to 375). Using lightly floured rolling pin, roll out puff pastry on lightly floured surface to 14x10-inch rectangle. Fold 1/2 inch of pastry edges in toward center on all sides, forming 13x9-inch rectangle. Transfer pastry to large rimmed baking sheet. Press firmly on pastry edges with fork to form rim. Chill crust. Cook bacon in small skillet over medium heat until brown and crisp. Transfer to paper towels to drain. Reserve 1 tablespoon bacon drippings from skillet. Whisk honey, wine, and reserved 1 tablespoon bacon drippings in large bowl. Add onions; toss to coat. Coat another large rimmed baking sheet with nonstick spray. Spread onion mixture in even layer on sheet. Roast 30 minutes. Turn onions over, allowing rings to separate. Roast until onions are caramelized, turning often for even browning, 30 to 45 minutes. Remove from oven; cool onions slightly. (This can also be done on low on the stovetop). Increase oven temperature to 400°F (or already have been preheating to this temp while in last fifteen minutes of stove-top method). Mix crème fraîche, sea salt, 1/4 teaspoon black pepper, and nutmeg in small bowl. Using offset spatula, spread crème fraîche over crust to folded edge. Arrange onions atop crème fraîche. Sprinkle with bacon. Bake tart until crust is light golden brown and topping is bubbling, 20 to 25 minutes. Sprinkle with thyme and serve.

Chinese-style Stir Fry

1 onion sliced	pinch of sugar
2 t chopped fresh ginger	2 T soy sauce
2 cloves garlic, minced	white pepper to taste
1/2 c white wine or Chinese rice wine/Mirin	3 c vegetable stock
3 t cornstarch	Vegetables of choice: carrots, kale, chard, cabbage, broccoli, etc

Mix cornstarch and stock. Cook ginger and garlic. Add onions and cook until they are translucent. Add the wine and cook on high for a minute. Lower heat, add in stock/cornstarch mix and cook until the sauce thickens. Add in sugar, white pepper, and soy sauce. Toss in whatever vegetables you have available: kale, chard, carrots, cabbage, turnips...you name it! Serve over rice.

Cheesy Polenta with Roasted Vegetables

Adapted from produceonparade.com	For polenta:
1 onion diced	4 c water
1 pound potatoes diced	1 c polenta dry
1 pound carrots diced	4 oz goat cheese
1 pound turnips diced	rosemary and thyme to taste
olive oil, salt and pepper to taste	salt and pepper to taste

Preheat oven to 450 F. Dice the vegetables and scatter them on large rimmed baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Give them a good shake and a stir. Roast at 450 F for 25 minutes, stirring halfway through. When done, remove and set aside. Reduce oven to 350 F. Bring a large pot with the 4 cups of water to a boil. Give it a sprinkle of salt. Once boiling, slowly add the polenta while stirring continuously for 5 minutes. Then, turn to low heat and stir frequently for about 25 minutes to thicken. Stir in the cheese until melted and well combined. Remove from heat. Coat a 9x9 inch baking dish with a nonstick cooking spray. Pour in the polenta and smooth over the top. Bake for 15 minutes at 350 F. Once done baking, add the roasted vegetables on top and bake for an additional 15 minutes at 350 F.

Red Wine Beef Stew with Potatoes and Carrots

Adapted from Food Network

1 onion diced

2 lbs beef cut into 1 inch cubes

2 T flour

salt and pepper to taste

28 oz of beef, chicken or veggie stock

olive oil

2 c dry red wine

4 medium carrots, halved and cut into 1 inch pieces

3 sprigs rosemary, chopped

2 medium sized potatoes, cut into 1 inch cubes

1 c chopped tomatoes (fresh or jarred)

Season beef with salt and pepper. Heat olive oil in pan over medium heat. Add half the beef and raise the heat to high. Let liquid evaporate so beef can brown. Cook turning so all sides are browned. Remove from pan and repeat with other half of the beef. Take out browned beef and add in carrots and onions. Cook about 5 mins. Stir in flour until you can't see it anymore. Pour in broth, wine, and tomatoes and toss in rosemary. Return beef to the pot and bring the liquid to a boil. Turn down to low heat so the liquid is cooking at a gentle simmer. Partially cover and cook 50 mins. Stir while simmering so nothing sticks to the bottom. Stir in potatoes and cover completely. Cook until potatoes and beef are tender, about another 45 minutes.

Middle Eastern Pickled Turnips

Taken from dinnerthendessert.com

1 bay leaf

1/8 c kosher salt

1 small beet cut into "sticks"

1/2 c white vinegar

1 clove garlic chopped

1 1/2 c water

1 pound turnips, sliced or cut into "sticks"

1 t sugar (if desired)

chili flakes to taste, if desired

Perfect side to gyros, falafels, roasted chicken, atop scrambled eggs with kale, or whatever you choose! Awesome in a wrap with hummus and your favorite veggies! Boil vinegar, salt, sugar (if desired), and water. Pour pickling liquid over the beets, bay leaf, turnips, and garlic. Cover and refrigerate. Best if left to marinate for 3-7 days before using.