



Winnepesaukee Woods Farm

Fall CSA 2017: Week 4 (Part 2!)

In your share this week:

Turnip Puree

Adapted from Inside the Test Kitchen

1 large onion diced

6 T butter

2 T grapeseed or vegetable oil

Salt and pepper to taste

4 c whole milk

1 bay leaf

1 thyme sprig

olive oil

4 turnips

Place 2T butter and oil in pan over medium. When butter is melted, add onion and salt. Cook onions until translucent. Peel the turnips, and cut 1 into 8 wedges, and set aside. Cut the remaining turnips into large dice. Add the diced turnips (not the wedged turnip), salt, milk, bay leaf, and thyme to pan. Bring to boil and reduce to a simmer and cook 20 mins until they can be pierced easily with a fork. Remove and discard thyme and bay leaf. Drain, reserving milk and transfer turnips to a blender. Add half milk and 4 T butter. Blend until smooth to consistency of mashed potatoes. If needed add more milk. In another pan, heat olive oil over high. Add remaining turnip wedges and sear until caramelized on both sides. Sprinkle lightly with salt. Transfer to plate and garnish with caramelized turnips. Drizzle with olive oil, salt and pepper.

Arepas

1 c yellow cornmeal, finely ground

½ t salt

½ c grated cheddar or Monterrey Jack cheese

2 T butter

½ c sweet corn kernels

¼ c finely chopped scallions

¼ c cilantro or parsley, finely chopped

1 small jalapeno minced

3 T oil

Put cornmeal in a large bowl with salt and cheese. Put milk in a saucepan over medium low heat until steam rises. Then add butter and stir until melted. Remove from heat and stir into cornmeal mixture until a thick batter is formed. Fold in corn kernels, scallion, parsley/cilantro and chili if using. Let batter rest until it thickens, about 15 mins. Gently form 3-4 inch balls from mix and flatten with the palm of your hand into ½ inch thick disks. You can cover and refrigerate for later if desired at this point. Heat oil in pan and cook arepas, working in batches, until golden brown, about 5 mins. Then flip and cook the other side about 3 mins. Serve with sour cream, beans, vegetables, or chili, if desired.

Chili

1 T cumin

1 T oregano

3 T chili powder

1 t Tabasco sauce

2 T Worcestershire sauce

¼ c brown sugar

2 t allspice	1 lb ground pork, turkey, sausage or blend
Salt and pepper to taste	3-4 c beans, cooked
2 bay leaves	1 green pepper, diced
2 T cocoa powder	2 carrots diced
4 cloves garlic, minced	1 c onion chopped
1 c stewed tomatoes	2c corn

Cook onions until lightly browned. Add in garlic. Cook 1 min. Add in ground meat and cook until browned. Add all spices and tomatoes (leaving out beans, pepper, corn, and carrots) and simmer for 1 hour, adding water as needed. After 1 hour of simmering, add in vegetables, and cook covered 20 mins until carrots are desired doneness. (Note: the longer it simmers, the more flavor...just be sure to stay on top of the liquid! Sitting refrigerated overnight also helps flavor.) Serve with arepas.

Winter Squash, Corn, and Coconut Soup

1 onion, minced	12 oz coconut milk
2 cloves garlic, minced	salt and pepper to taste
1/4 c chopped cilantro stems	1/4 t cayenne
2 lbs butternut squash	2 c corn
3 1/2 c water	chopped cilantro to top
2 t lime juice	

Saute onion. Add cilantro stems and garlic and saute, stirring often for 3 mins. Add in squash pieces and saute for 3 more mins. Stir in water, coconut milk, salt, pepper, and cayenne. Simmer for 15 mins. Cool slightly and add in 1 c corn and lime juice and puree. Return to pot and add in remaining corn and simmer an additional 15+mins. Serve topped with cilantro.