



## Winnepesaukee Woods Farm

Fall CSA 2017: Week 5

*In your share this week:*

### Farmer's Market Breakfast Tacos

Adapted from Layers of Happiness

4 eggs, lightly beaten

For Balsamic Glaze

Small corn or flour tortillas

1 c balsamic vinegar

1 T maple syrup, if desired

1/4c honey

4 T fresh cilantro

For Tacos

1/2 onion, chopped

1/2c cheddar cheese

2 c chopped cabbage and/or kimchi

4 slices bacon, rough chopped (or sausage)

Serve with prepared salsa

Stir balsamic vinegar and honey together in a small saucepan and place over medium-high heat. Bring to a boil, reduce heat to low, and simmer for 10-15 minutes, until the vinegar can coat a spoon. Set the balsamic reduction aside to cool. The mixture will thicken as it cools. It should be thick and sticky, but not so thick that it's hard to stir. If it's too thick, add a bit more vinegar, place back over heat and stir until incorporated. If not thick enough, put back on burner until it thickens a bit more. For the tacos: Brush large nonstick skillet with olive or vegetable oil. Arrange tortillas in single layer and sprinkle each tortilla with 2T grated cheese and set aside. In a separate pan or in the oven, cook bacon until it's three-fourths of the way done. Brush with maple syrup, and finish cooking. Chopping into bite size pieces, set aside. Whisk eggs and 2 tablespoons cilantro in medium bowl. Season with salt and pepper. Add onions to a skillet and sauté 2 minutes. Remove from pan and cook eggs. Divide egg and onions among tortillas, top with greens, and sprinkle with bacon bits and remaining cilantro. Fold each tortilla in half and drizzle with balsamic reduction.

### Roasted Rutabaga in Brown Butter

Taken from [thekitchn.com](http://thekitchn.com)

1 large rutabaga

4 T butter

salt and pepper to taste

Juice of 1/2 lemon

2 T chopped parsley

Heat the oven to 450°F. Peel the rutabaga with a vegetable peeler and cut into 1/2-inch to 3/4-inch cubes. Melt the butter in a saucepan over medium heat and cook for about 5 minutes, until the butter foams then browns into a nutty, toasty-smelling liquid. Toss the rutabaga with the browned butter and season with salt and pepper. Transfer the rutabaga to a large baking sheet and spread into a single layer. Roast for 25 to 40 minutes or until browned and tender. Remove from the baking sheet and toss with lemon juice and parsley.

## Roots Anna (add Gruyere cheese, cream, and stock for an Au Gratin)

Taken from Martha Stewart

3 cloves garlic unpeeled for roasting	3 sprigs rosemary, chopped
1 1/2 lbs potatoes	1 rutabaga
6 T butter	1 sprig thyme chopped
salt and pepper to taste	
1/4 t olive oil	

Heat oven to 450. Place garlic in an ovenproof dish; drizzle with olive oil. Roast until light brown and very soft, about 20 minutes. Remove garlic from oven, peel and cut into slices. Reduce heat to 425. Peel potatoes and rutabaga, and slice them as thinly as possible; place them in a bowl, and put damp paper towel on top to keep them from turning brown. In a 10-inch nonstick ovenproof skillet, melt 2 tablespoons butter, swirling pan to coat bottom and sides. Remove from heat. Starting at the sides of the pan, arrange about half of the rutabaga slices in overlapping concentric circles, covering bottom of pan; press to compress. Sprinkle rutabaga with salt, pepper, thyme, rosemary and a third of the roasted garlic; dot with 1 tablespoon butter. Arrange the potato slices in tight concentric circles over the rutabaga, and press down. Season with all herbs/spices again, another third of the garlic; dot with 1 tablespoon butter. Arrange remaining rutabaga on top, and season and top with butter again. Spread a large piece of aluminum foil with remaining tablespoon butter. Cover skillet tightly with the foil, buttered side down. Place a cast-iron skillet on the foil to weigh it down, and transfer to the oven. Bake until vegetables are tender when pierced with the tip of a knife, 50 to 60 minutes.

## Red Wine Beef Stew

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 ht 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.

## Whiskey-Glazed Carrots

Taken from The Pioneer Woman	salt and pepper to taste
1/2 stick butter divided	
1 lb carrots cut into thick circles	
1/4 c Jack Daniels or other whiskey	

1/4 c - 1/2 c brown sugar		
<p>5 Melt 1 tablespoon butter in a large skillet over high heat. Add carrots in two batches, cooking for 60-90 seconds each batch. Remove from skillet. Pour in whiskey and allow to evaporate 30 seconds. Reduce heat to medium, and add remaining butter. When butter melts, sprinkle brown sugar over the top. Stir together, then add carrots to skillet. Cover, and continue cooking for 5 minutes. Remove lid and add salt and pepper. Continue cooking until carrots are done and glaze is thick, about 5 more minutes.</p>		
<h2>Arroz con Pollo</h2>		
1 c white wine	1 onion sliced	
Pinch of saffron	3 cloves garlic minced	
salt and pepper to taste	2 bay leaves	
6 chicken thighs	3 c short grain rice	
4 1/2 c chicken stock	2 carrots cut into rounds	
<p>Mix wine and saffron and set aside. Season both sides of the chicken with salt and pepper. Cook chicken a pan with olive oil until browned. Remove from pan. Add in onion and cook until softened. Add in garlic and cook 1 minute. Add wine and saffron mix to pan and simmer for 5 minutes. Remove from pan. Add in rice, bay leaves, and stock. Cook on high until boiling, then lower heat, add in chicken, onions, garlic, wine and saffron and cover and cook for 20-25 minutes. Add more liquid if needed. Remove from heat and serve.</p>		
<h2>Gingered Carrot Soup</h2>		
Shared by CSA Member Sue Q	3-4 T fresh lemon juice	
2 lbs carrots	1 c cashews	
4c water	salt and pepper to taste	
1 T butter or oil	1/4 t each of:	
2 cloves garlic, minced	cumin, ground fennel, cinnamon, allspice, mint	
2 T freshly grated ginger		
1 1/2 c chopped onion		
<p>Cut up and cook carrots until very tender. Sauté in butter or oil: onion, garlic, ginger, salt, and spices. Stir in lemon juice. Puree in blender including cashews. Transfer to pot and heat gently.</p>		