



**Winnepesaukee
Woods Farm**

Summer CSA 2017: Week 6

In your share this week:

Homemade Sushi

1 c white rice	radishes (can be pickled)
2 c water	cooked shrimp, if desired
1/8 c mayonnaise	julienned carrot
2 t Sriracha	Julienned zucchini
1/4 t lime juice	julienned Thai or regular basil
2 c zucchini, unpeeled and coarsely grated	julienned scallions
Thai or regular basil leaves	sliced avocado
4 sheets nori or dried seaweed	sliced radishes
	pickled ginger, soy sauce, wasabi

Rinse rice. Add to pan with the water and bring to boil. Once it boils, reduce heat to low, cover and cook for 15 mins. In a bowl, add mayonnaise, Sriracha, and lime juice and mix. Assembling your sushi: Grab a towel and place a piece of plastic wrap on top. Place 1 sheet of seaweed on top. Dip your hands in water so the rice doesn't stick to it and place a thin layer of rice all over the nori. Spread a thin layer of veggies and basil and roll. Once the whole piece is rolled, roll in plastic wrap/towel gradually molding and compressing as you roll. Slice and serve with Sriracha mayonnaise, pickled ginger, and wasabi.

Bacon, Scallion, and Caramelized Onion and Fennel Dip

Adapted from Cook's Illustrated Cookbook

1 c caramelized onions, cooled	1/8 t cayenne pepper
1 fennel bulb, caramelized	1 3/4 c sour cream or Greek-style yogurt
3 scallions minced	salt and pepper to taste
6 slices bacon, cooked crisp and chopped	1 t cider vinegar

Stir all ingredients together. Season with salt and pepper. Chill at least 30 mins or up to 3 days.

Baked Fennel with Parmesan and Thyme

Adapted from Martha's Stewart

1 fennel bulb	
1/2 T softened butter	
1/8 c grated Parmesan	
2 sprigs thyme	

Preheat oven to 450 degrees. Trim the top and bottom from the fennel bulb and remove the cores. Boil fennel bulb, trimmed and split lengthwise, until tender, about 15 minutes. Drain fennel, cut side down, on paper towels, 5 minutes. Place fennel, cut side up, in a buttered 8-inch square baking dish and brush with 1 tablespoon softened butter. Season with coarse salt and ground pepper and top with 1/8 cup grated Parmesan and 2 sprigs thyme. Bake until cheese is golden brown, about 20 minutes. Serve with roasted chicken, pork, or fish

Caramelized Fennel

Taken from Putney Farm	
1 large fennel bulb	
1/8 c olive oil	
salt and pepper to taste	
1/4 lemon	

using a very sharp knife, cut the top and bottom from the fennel bulb and then remove tough or bruised outer layers. You will end up with a bulb about the size of your fist. Slice the bulb in half and then remove the cores from the fennel. Then cut the fennel lengthwise into 1/8 inch slices (it is ok if a little thicker). Heat a large skillet or sauté pan over medium-high heat. When hot, add the olive oil and then the fennel slices. Spread the fennel out in the pan to encourage browning. Cook for 10-12 minutes, flipping the fennel slices every few minutes, until golden brown. Remove the fennel from the pan and drain off any excess oil. Season with salt, pepper and lemon juice, to taste. Serve.

Poblano, Kale, and White Bean Chili with Over Easy Eggs

Adapted from The Swingin' Pinwheel Restaurant	
1 onion, diced	1 15 ounce can hominy
1 poblano pepper, seeded and diced	6 c white beans (canned or dried and cooked)
4 cloves garlic, minced	4 c vegetable or chicken stock
3 t cumin seed or 1 T ground	Juice and zest of a lime
1 1/2 t smoked paprika	1/2 c cilantro, chopped
1 1/2 t chili powder	4-6 leaves kale, chopped
3 t coriander seed or 1 T ground	Eggs, avocado, shredded cheese, sour cream/yogurt, hot sauce...if desired

In a small saute pan, heat cumin and corriander seeds over medium. Toast seeds for about 60 seconds or until fragrant - be careful not to burn them. Allow to cool slightly and then grind into a powder. If you're not using spices from seeds, skip this step. Heat oil in a large dutch oven set over medium high heat. Add in onion, poblano, salt and pepper and saute for 7-10 minutes or until softened. Next, add in the garlic, cumin, corriander, chili powder, and paprika. Saute for another 2 minutes. Add in vegetable broth ensuring to scrape up any browned bits from the bottom of the pot with your wooden spoon. Bring soup to a boil and then add in the lime juice and zest, white beans and hominy. Reduce chili until simmering and cook for another 45-60 minutes stirring occasionally. Lastly, add in the cilantro and kale. Taste chili and adjust for flavorings. Serve topped with over easy eggs, sliced avocado, cilantro, sour cream or cheese!