

# PRINCE GEORGE 2018

## SUMMER CSA NEWSLETTER

### Prince George – Norwich Meadows Farm CSA

#### Patricia Wells' Fake Frites

*Ingredients:*

- 2 pounds baking potatoes, such as Idaho russets or Bintje, peeled and cut into thick fries, 3/4 inch by 3 inches
- 2 to 3 tablespoons extra-virgin olive oil
- Fine sea salt to taste

*Directions:*

Preheat the oven to 500° F. Bring 1 quart of water to a simmer in the bottom of a steamer. Place the potatoes on the steaming rack, place the rack in the steamer, cover, and steam just until a knife inserted in a potato comes away clean, 10 to 12 minutes. (The potatoes should not be cooked through, or they will tend to fall apart.)

Transfer the steamed potatoes to a bowl and drizzle with oil. Carefully toss to coat evenly with oil. (The potatoes can be prepared to this point several hours in advance. Set aside at room temperature.)

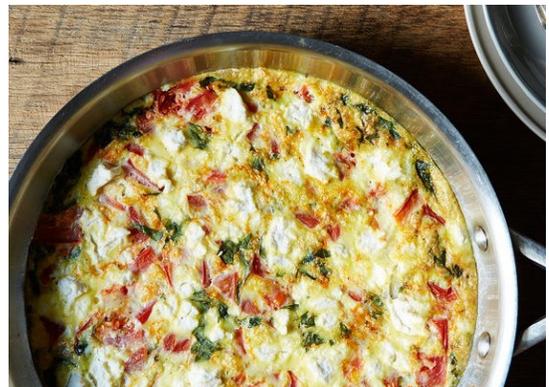
With a large slotted spoon, transfer the potatoes in a single layer to a nonstick baking sheet. Discard any excess oil or liquid. Place the baking sheet in the oven and bake, turning so they brown evenly, until the potatoes are crisp and deep golden brown, 10 to 20 minutes. Remove from the oven, season generously with salt, and serve immediately.



#### Spinach & Tomato Frittata

*Ingredients:*

- 1 tablespoon olive oil
- 2 handfuls spinach, chopped
- 1 clove garlic, minced
- 8 big basil leaves
- 5 eggs
- 1 heaping cup chopped tomatoes -- like, just a big ol' mound of them
- 2 ounces shredded asiago cheese
- 3 ounces ricotta
- Salt and pepper



*Directions:*

Preheat oven to 375° F. Heat olive oil and garlic in a smallish pan over medium heat. Add the spinach and cook down until just wilted. Remove from pan and set aside. Whisk eggs together in a big bowl. Add cooked spinach, asiago, and 5 of the basil leaves, chopped. Season with salt and pepper. Pour mixture back into the pan on the stove. Top with tomatoes, pressing them into the mix, and the remaining chopped basil leaves. Sprinkle on clumps of ricotta. Cook on the stove until the bottom is just set, about 3 minutes, then slide into the oven. Cook until set, about 15 minutes.