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BASIC ROOTS

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IN THIS ISSUE:

- ITALIAN-STYLE KALE & GARLIC SOUP
- THAI CHINESE CABBAGE SLAW
- BASIC METHOD FOR COOKING SWISS CHARD WITH AU GRATIN CHARD
- BASIC METHOD FOR COOKING TURNIPS WITH MANY VARIATIONS
- DUTCH RED EGGS WITH VARIATION
- BASIC METHOD FOR COOKING SUGAR SNAPS
- TURNIP SLAW WITH DILL
- STRAWBERRY SAUCE

Basic Roots Community Foods

www.basicrootscommunityfoods.kaysue.org

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Italian-style Kale and Garlic Soup

In case you haven't noticed, June is all about the Italian ethnicity here in the city. Kale is great in a soup because soups make it easy to add other flavorings to accent and balance the hearty flavor and texture of the kale. This recipe is actually a garlic soup to which shredded kale and whole boiled garlic cloves are added at the end, but don't hesitate to add other chopped veggies—or to replace the kale with Swiss chard—to this soup along with the kale.

Several kinds of pork products or not for the vegetarians can be used to flavor this soup and give it body.

- White Russian Kale, stripped off ribs-coarsely chopped 2 heads Garlic
- 2 leaves fresh sage 1 small bunch parsley
- 10 C broth (veggie, chicken, or beef)
- One 1/2 # bacon or prosciutto cut into 1/4" cubes (optional) salt
- 1 1/2 C raw fresh beans or 1 1/2 C cooked dried beans such as cannellini or Great northern (1/2 C dried beans before cooking)
- 8 slices toasted French bread freshly ground black pepper

Break up heads of garlic into cloves or use the fresh German garlic. Peel half of the cloves & reserve. Combine the unpeeled cloves, sage & parsley with the broth in a medium pot. Bring to a simmer over medium heat, then reduce the heat to low & simmer gently, covered, until the cloves are completely mushy when you press them against the inside of the pot with the back of a fork, about 30 min. Strain the broth through a food mill or by working it through a strainer with the back of a ladle into a clean pot. Press hard so you extract the creamy pulp from the garlic.

If you're using Prosciutto, add the cubes directly into the strained garlic soup. If you're using bacon, cook the cubes in a small frying pan over medium heat for about 5 min to get rid of some of their fat. Transfer the cubes to the broth with a slotted spoon and save the rendered fat for your dogs or other recipes.

Add the peeled garlic cloves and, if they're fresh and uncooked, the beans to the broth & simmer gently over low heat, covered, for 15 min. Add the kale, remove the lid and simmer gently, uncovered, for 15 minutes more. If you're using cooked dried beans, add them a couple of minutes before the end of cooking. Season the soup to taste with salt.

To serve: place a slice of toasted French bread in each soup bowl. Ladle over the soup.

July—Compostable Privies, August is our Urbanstead Festival.

Visit our website for more information.

Saturday, 18 June, PBS, 6:30 Sue & I & Fruit Loop Acres, are participants in a documentary "More than a game: The Indy Super Bowl Legacy" & how it has impacted us here on the NearEast side. 18 June is the AG Ride on bikes on which Fruit Loop Acres will be part of the tour. Visit neighborpowerindy.org to learn more.

U Pick Appointments for Black Raspberries Next Week

THAI CHINESE CABBAGE SLAW

1 Napa 1 TBS coarse salt
1 Garlic, minced 1 shallot or onion, minced
2 small Thai chilis or jalapeno, seeded & minced
2" length lemongrass, minced (optional)
2 TBS fish sauce 2 TBS fresh lime juice

Trim off outer leaves & cut cabbage lengthwise into quarters. Cut out & discard any section of tough stem in the center of each of the quarters. Cut the quarters crosswise into 1/4" shreds.

In a glass or stainless steel mixing bowl, rub the cabbage with the coarse salt until all the salt dissolves & you can no longer feel it between your fingers, about 5 min. Now put the cabbage to drain in a colander set over a bowl to drain for about an hour. Rinse with cold water & squeeze the cabbage in small clumps to get rid of the xtra water. Toss the drained & squeezed cabbage with the rest of the ingredients. Chill slightly in the frig.

Basic Method for Cooking Swiss Chard

In this method you will be cooking the leaves & stems separately:

1 lb Swiss Chard 2 tsp lemon juice
1 TBS flour salt
1 C water 2 tsp butter

Separate the leaves from the stalks, pulling away the rib from the leaf along with the stem. Wash both thoroughly. Chop the stems into 1/2" pieces. Whisk the flour into the water, then bring to a boil and drop the chopped stems in along with the lemon juice & 1/2 tsp salt. Simmer gently for 15-20 min, depending on the tenderness of the stalks. Meanwhile bring another pot of salted water to a boil & drop the leaves in. Boil rapidly for 10 min, again depending on their tenderness. Drain & chop roughly; toss with butte & salt to taste. Place the cooked stems & their juice, which will have thickened to the consistency of cream sauce, in the center of a hot platter & surround with the greens.

Gratin of Swiss Chard—After preparing the chard as above (or use any leftover chard), place both stems & greens in a shallow casserole, mix 2-3 TBS heavy cream in with the chard sauce, correct seasoning and top 1/4 C bread crumbs & and equal amount of grated cheese. Bake in a 425 degree oven for 12 minutes.

TURNIP SLAW with fresh DILL

This just keeps for a couple of days, then it turns bitter so don't make tons of it.

5 medium turnips, peeled pinch of salt
1/2 C Mayo 1/4 tsp celery seed
3 TBS sour cream fresh pepper
2 tsp rice wine vinegar 1 tsp chopped fresh dill
1 tsp prepared mustard 1 tsp sugar

Slice the turnips into very thin matchstick pieces (julienne) & place in large bowl. Whisk the remaining ingredients in a small bowl, until smooth & mixed. Pour over turnips, stirring to coat them well. Refrigerate.

STRAWBERRY SAUCE

This is a good one in case you put your berries in the frig & for get about them:

1 C sugar 1/2 C water
2 C crushed strawberries

Combine sugar & water. Cook over low heat, stirring until sugar is dissolved. Simmer 10 min. Add strawberries & cook 1 minute. Chill. Serve on ice cream, pound cake.

DUTCH RED EGGS

An old fashioned recipe with a variation pickled
2 1/2 C diced Beets (cook them first, cool)
1/4 C brown or turbinado sugar
1 C lemon juice 1/2 tsp salt
4 cloves 6 hard boiled eggs, peeled
Cook beets until tender. Drain & peel. After cooling, dice. Combine sugar, lemon juice, salt & cloves; pour over beets & cook low heat for 10 minutes. Add eggs, chill. Makes 1 1/2 pints

Variation: PICKLED EGGS & BEETS

Good picnic fare.

Makes 4-6 servings.

1 1/2 C vinegar 1 bay leaf
1 tsp pickling spices (dill, coriander caraway)
1 clove or more garlic, peeled & bruised
4 beets, precooked, peeled & sliced
6 hard boiled eggs, peeled

Simmer vinegar & spices, uncovered, 10 minutes; cool slightly, add garlic and bay leaf. Pack eggs and sliced beets into screw jar. Add vinegar mix, cover & cool to room temperature. Refrigerate 7-10 days before serving—longer for stronger flavor. Serve as an appetizer or with cold cuts & salad.

Basic Method for Cooking Sugar Snap Peas:

Sugar Snaps have a string along their inner (concave) side. Snap the end off & pull the string away before cooking.

1 tsp salt 3 TBS butter couple handfuls Sugar snaps

Bring a pot of water to boiling with salt added. Add the pea pods & cook over medium heat, until tender & crunchy & bright green 1-2 minutes. Toss with butter & serve.

Basic Method for Cooking Turnips with other Variations:

6 Turnips

Salt to taste

3 TBS Butter

1 TBS Parsley

Peel the turnips if they are bigger than a radish. Cut into uniform quarters so they get done together.

Drop turnips into a large pot of boiling water & boil for 8-10 minutes or until tender when pierced with a fork. Drain. Add the butter, sprinkle with salt & parsley & toss until coated.

Whipped Turnips –After boiling, mash with a fork, then add *1/2 C heavy cream (heated), 2 TBS softened butter, 1 tsp grated lemon rind & a pinch of salt*. Beat with a potato masher or blender until smooth.

Creamed Turnips: After boiling, drain & dice. Melt *2 TBS butter* in skillet, add the turnips, pour *1 C heavy cream* over them & stir in a *couple pinches of ginger & salt to taste*. Stir until well blended & hot.

My favorite: Glazed Turnips—this is really the best way to initiate yourself to liking turnips. The subtle bitterness of the them makes for a delicious contrast to the slightly sweet, savory glaze. You can experiment with the sugar by substituting Sangria (which I just thought of) or as the book suggests Port. Leave out the sugar & substitute with 2 TBS of wine for the 2 TBS of water at the end. Butter is the standard for glazing but bacon or duck fat is also delicious. You can add a little cream at the end, which helps pull the glaze together in a sauce.

6 Turnips, peeled & cubed 1 TBS Butter 1 TBS Sugar Salt & Pepper

Put the raw turnips in a sauté pan just large enough to hold them in a single layer (important) and pour over enough water to come halfway up their sides. Add the butter to the pan & sprinkle over the sugar & salt. Bring to a simmer over high heat, turn down the heat to medium & place a sheet of aluminum foil or parchment paper loosely over the turnips. Simmer for about 15 minutes or tender when pierced with fork but still offer some resistance. If the turnips are done but there is still water in pan, remove foil & turn up the heat to high to quickly evaporate it. When all the water has evaporated toss them or gently stir them until lightly browned on all sides & a layer of caramelized sugar has attached to the bottom of the pan. Pour 2 TBS of water into the pan & quickly toss or stir them over high heat to dissolve the sugar caramelized on the bottom of the pan & to get it to coat the turnips in an even layer. When the water has evaporated, grind some fresh pepper & serve immediately.