



Basic Roots Community Foods

<http://www.basicrootscommunityfoods.kaysue.org>

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100% Local

**BASIC
ROOTS**

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Our paid intern

& our community of farmers who help to make it all work!

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Another Veggie Adventure: Roasting Chili Peppers

The **Poblano Pepper** is a mild chili pepper originating in the state of Puebla Mexico. Dried, it is called an Ancho Chili, very much popular at Saraga International Market and any Latino groceries. While poblanos tend to have a mild flavor & are very low on the Scoville scale (1000), occasionally & unpredictably one of yours could have significant heat. Different peppers from the same plant have been reputed by the farmers to vary substantially in heat intensity. Roasting and adding cheese as a stuffing mellows a lot of the heat. Preparation methods include: dried, coated in whipped egg (capeado) and fried, stuffed, or in mole sauces. When dried this pepper becomes a broad, flat, heart-shaped pod called an ancho chile (meaning "wide" in Spanish), often ground into a powder used for flavoring recipes.

Poblano peppers are commonly used for the popular Mexican dish **Chile Rellenos** (stuffed). Make a slice down the vertical side of the pepper and stuff with your favorite cheese. Chop and mince the poblano peppers & add to salsa, chili, quesadillas, rice or corn chowder.

An **Anaheim pepper** is a mild variety of the chili pepper. On the Scoville scale, it rates as a mere 500-1000. The name "Anaheim" derives from a farmer named Emilio Ortega who brought the seeds to the Anaheim, California area in the early 1900s. They are also called **California chili** or **Magdalena**, and dried as **chile seco del norte**. One of the most popular uses of the Anaheims is creating the "**ristra**", the dried chili arrangements that many folks have hanging for decorative &/or culinary purposes.

Dried Ancho Chili

*once a
Fresh Poblano*



Dried Anaheims



Slice into 1/4-inch pieces and use in recipes, or store in an airtight container in the refrigerator for up to one week until ready to use.

Coating the peppers with oil before broiling imbues a whole different flavor.

How To Roast Fresh Chile Peppers

Chiles roasted over an open flame, or in the oven, impart a delicious smoky flavor to salsas or any dish that uses chiles. The methods in general work well for roasting tomatoes and garlic as well. There are several ways to make roasted peppers, depending on the equipment in your kitchen. If you have a gas stove, you can roast peppers on a burner. Just turn the flame on medium and place the pepper directly on the burner. Use tongs to turn it every few minutes until the whole pepper is charred black, but the flesh beneath still feels soft. If you don't have a gas stove, you can make roasted peppers in your oven or toaster oven. Preheat the oven to 400 and cook until the skin is blistered. You can also use the outdoor grill or a grill pan on your stove top to roast peppers in the same manner as on a gas flame.

Once your peppers are nicely blackened, put them in a paper bag and close up the top. Leave them for a few minutes. This will allow the roasted peppers to cool down enough so you can handle them, but will also steam the peppers, making it much easier to get the skins off. Once your roasted peppers have steamed about 10 minutes, open the bag and peel the peppers. If you've roasted hot peppers for chili or salsa, wear gloves when you do this. Hot pepper juice can be very irritating, especially when it gets in your eyes, so wash everything that has been in contact with the peppers before using it for something else. After the steam, your roasted peppers should peel easily. If not, use a small knife to get the peel going. Don't wash the peel off under the faucet; that just takes all the tasty sweet juices away with it.

Snow Grapes

Grapes are encased in a sweet creamy dressing for an easy fruit salad."

Ingredients

- Your grapes
- 1/4 C sour cream
- 2 oz cream cheese, softened room temp
- 2 TBS white sugar
- Dash of vanilla

Directions

1. Remove grapes from stems, rinse, and set aside to dry. Mix together the sour cream, cream cheese, white sugar, and vanilla in a large bowl. Fold in grapes until evenly coated. Chill overnight before serving. The grapes appear to be covered in snow. Really cool & good.

Stuffed Chili Peppers

- Bunch of your fresh whole tomatoes
 - 2 small onions, chopped
 - 3 garlic cloves (2 whole, 1 minced)
 - coarse salt and ground pepper
 - 1 can (19 ounces) black beans, rinsed and drained
 - 1/2 cup yellow cornmeal
 - 1 cup shredded of a good cheese that melts
 - 1 teaspoon ground cumin
 - 4 poblano chiles & Anaheims halved lengthwise (stems left intact), ribs
- Preheat oven to 425. In a blender, combine tomatoes in puree, jalapeno, half the onions, and 2 whole garlic cloves; puree. Season with salt. Pour sauce into a 9-by-13-inch baking dish; set aside.
 - In a medium bowl, combine beans, cornmeal, 1/2 cup cheese, remaining onions, minced garlic, cumin, and 3/4 cup water; season with salt and pepper.
 - Dividing evenly, stuff chili halves with bean mixture; place on top of sauce in baking dish. Sprinkle chilis with remaining 1/2 cup cheese; cover baking dish tightly with aluminum foil.
 - Bake until chilis are tender, about 45 minutes. Uncover, and continue to cook until sauce is thickened slightly and cheese is browned, 10 to 15 minutes more. Let cool 10 minutes.

Basics of cooking Swiss Chard & Georgia Collards: Separate the leaves from the stalks, pulling away the rib from the leaf along with the stem. Chop the stems 1/2" pieces. With the Collard Greens strip the leaves from the stem & compost stems as they are too tough. Whisk 1 Tablespoon Flour into a saucepan with 1 C water, bring to a boil & drop in the chopped stems in along with 2 tsp lemon juice & a dash of salt. Simmer for 20 min or until tender. Meanwhile bring another pot of salted water to a boil & drop the leaves in. Boil rapidly for 10 min or until tender. Drain & chop roughly; toss with butter & salt to taste. Add to the stem mixture (which should be thickened to a creamy consistency and now you are ready for GRATIN OF CHARD & COLLARDS

GRATIN OF CHARD & COLLARDS

After preparing the chard, place both stems and greens in a shallow casserole, mix 2-3 Tablespoons Heavy Cream in with the chard sause, correct seasoning, and top with 1/4 -1/2 C bread crumbs and an equal amount of grated cheese. Bake in a 425 degree oven for 15 minutes.

Fall Fruit Spotlight: *Magness Pears*

Magness pears, a hybrid dessert pear with a complex sweetness and refreshing juiciness are a cross between the classic European heirloom pears Seckel and Comice. They are delicately sweet, with a complex flavor that blows away the larger Bartlett pear and its lush, one-dimensional sweetness. They do take a little longer to ripen, which means that they don't turn to mush overnight like other pears you buy. We picked them green because pears won't actually ripen by themselves on the tree. Guess that's why fine pears were considered priceless during the days of Kings & Queens. So then after 2 weeks of cold storage in our cooler we brought them out & they have ripened to this beautiful bronze russet color as well as the European yellow Comice Pears. They are now at their peak to eat.

***EATING PEARS THE ITALIAN WAY:** Wash & thinly slice your pears. Take a fine hard cheese like Parmesan & cut up into slices. Enjoy the marriage of flavors together.*

SQUASH SOUP VARIATIONS

NOTE: YOU CAN SUBSTITUTE ANY WINTER SQUASH FOR THE BELOW RECIPE

The easiest way to use a butternut in soup is to prebake in the oven, the good old fashioned way. Many of these recipes call for you to peel, & cut up into chunks. But frankly, that is a lot of work using a very sharp knife unless you do it the redneck way of smashing open the butternut on your sidewalk, being sure to pick the rocks out of the pieces. By first baking it, it first of all gives you another extra hour to relax and also the ease of the skin slipping off. If you don't have a blender which many of the recipes call for, the baked butternut comes out soft & puree like, skipping the blender.

- Use nutmeg.
- Try a pinch of curry powder instead of cloves
- Try roasting the squash chunk first in a 400 degree oven until tender and slightly browned and then use as above, omitting the need for a lengthy boiling time (the squash is already soft)
- Omit the cloves and add in a spoonful of Dijon mustard and a little maple syrup to sweeten
- Omit the cloves and add in a pinch of ground cumin - try swirling in a little yogurt when serving for this variation!
- Use a little less squash and add in an apple, potato, carrot or sweet potato or all to the soup, and make as directed above

Piquant & Savory SQUASH/APPLE SOUP

1 Butternut, prebaked
Granny Smith Apples, peeled, cored & chopped
1 Onion, chopped
Rosemary, Marjoram to taste
4 C chicken broth
3 C water
2 slices bread, broke up
1/2 C heavy cream or substitute

Combine squash, apples, onion, herbs, chicken broth, water & bread in heavy saucepan. Bring to a boil over high heat; lower heat & simmer, covered for 20 min. Uncover & simmer 20 min more or longer. This will help to thicken up the soup. Then you can put in blender & puree or just enjoy as is, seasoning with salt & pepper and adding in the heavy cream at the end.