

FARM FRESH

GAZZETTE

Know Your Farmer ... Know Your Food

Wightmans Farm CSA 2015 Week 17

THE



Cider

Corn

Tomatoes

Scallions

Cabbage

Apples

Beans

Spaghetti

Squash

Simple, fresh, quick, on the table this week. If you have NOT already tried this cabbage recipe you must, it is so delicious and so simple. I have recommended it to literally 100s of people and everyone raves about it.

From kitchn.com

I have cooked cabbage in many different ways. I've chopped, shredded, steamed, boiled, and stir-fried it, but until relatively recently, I had never roasted it. But once I tried I couldn't believe I waited so long!

Roasted cabbage wedges are one of the easiest, most delicious ways to eat a hunk of vegetables for dinner, and the bacon just helps it along.

The first time I tried this I had a big head of cabbage that had been languishing in my kitchen for weeks, waiting to be used in soup or dumplings. The cabbage was turning progressively more dry and crunchy so I decided it was time to use it up. I wanted something quick and easy, and I had been craving roasted Brussels sprouts, so I wondered if there was a way to treat the cabbage as one giant sprout and roast it in the oven.

Sara Kate roasted baby cabbages whole with honey and vinegar last year, but I had never tried to roast an entire full-grown head of cabbage. Would it even work? Or taste good?

I removed the dry and crunchy outer leaves, sliced cabbage into eight chunky wedges, and added some bacon that was nearing its own use-by date. I laid the wedges down in a roasting pan, seasoned generously, and slid into a very hot oven.

I roasted for about 30 minutes total, flipping the wedges over halfway through. It looked like a hot mess, but a very promising one.

The final result?

Wow! The high-heat roasting gets rid of any cabbage funk and makes the cabbage sweet and flavorful — and all that bacon grease certainly adds to the irresistible aroma. The bacon pieces were crispy and chewy, and the bacon fat seeped all through the folds of the cabbage, making it tender and juicy in the middle and crispy and browned on the outside.

The combination of tastes and textures was just fantastic. The outer leaves and edges of the cabbage were browned and crispy — I let some blacken at the tips,

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and they gave that burnt-marshmallow smokiness to each bite. The insides of the leaves, though, were silky and plump with concentrated juices, and shiny from the olive oil and bacon. I served the cabbage then, and have done so many times since, in wedges, topped with the crumbled bacon, on dishes of pasta. The cabbage was crunchy, chewy, soft, and juicy. The flavors of salt, olive oil, pepper and bacon married perfectly. You have to go at this cabbage with knife and fork, which for me just adds to the sense that I'm eating a full and satisfying dish. I had a leftover wedge for lunch — no pasta — and felt fully satisfied. It's delicious, and such a mix of textures and tastes.

Roasted Cabbage with Bacon

Serves 4 to 6

From thekitchn

Ingredients:

- 1 head green or Savoy cabbage, outer leaves removed
- Olive oil
- Coarse kosher salt and freshly ground black pepper
- 4 slices thick bacon, 6 to 8 ounces

Instructions:

Heat the oven to 450°F. Cut the cabbage into quarters and slice the bottom of each quarter at an angle to partially remove the stem core. Cut each quarter in half again so you have eight wedges.

Lay these down on a large roasting pan or baking sheet and drizzle very lightly with olive oil. Sprinkle generously with salt and pepper.

■ Cut each slice of bacon into small

strips and lay on top of the cabbage.

Roast for 30 minutes, flipping the cabbage wedges once halfway through. If the edges aren't browned enough for your taste after 30 minutes, put them back in for five-minute increments until they are.

Serve immediately; the wedges cool down fast.

Recipe Notes

Roasting Rack: Some cooks prefer to roast the cabbage on a rack, which helps the edges crisp up and brown more. But when you roast it flat in a pan more of the bacon and its drippings stay with the cabbage, which I prefer.

Types of Cabbage: You can use any sort of cabbage with this recipe. I've never used red cabbage but I am sure it would work beautifully. I also like roasting Savoy cabbage; it tends to give you smaller, more manageable wedges.

Spaghetti Squash w/ Almonds

From realsimple.com

INGREDIENTS

- 13-pound spaghetti squash, halved lengthwise and seeded
- 3tablespoons olive oil
- 1/4cup sliced almonds
- 2tablespoons fresh lime juice
- 1tablespoon honey
- 1/2teaspoon ground cumin
- kosher salt and black pepper
- 4scallions, thinly sliced

DIRECTIONS

Heat oven to 400° F. Place the squash on a rimmed baking sheet, drizzle the cut sides with 1 tablespoon of the oil, and turn cut-side down. Roast until tender, 40 to 50 minutes.

Meanwhile, spread the almonds on a second rimmed baking sheet and toast in oven, tossing occasionally, until golden brown, 6 to 8 minutes.

In a medium bowl, stir together the lime juice, honey, cumin, the remaining 2 tablespoons of oil, 1 teaspoon salt, and ¼ teaspoon pepper.

With a fork, gently scrape the strands of squash flesh into the bowl and toss with the lime juice mixture. Sprinkle with the almonds and scallions.

From Food & Wine

Grilled Tomato and Scallions

INGREDIENTS

- Kosher salt and freshly ground pepper
- 3 tablespoons fresh lime juice
- 1/4 cup extra-virgin olive oil
- 2 cups crumbled cotija or ricotta salata cheese (about 4 ounces)
- 8 tomatoes (6 to 8 ounces each), cored and cut into 6 wedges
- 2 bunches of scallions
- Canola oil, for rubbing

DIRECTIONS

Light a grill. Rub the tomatoes and scallions with canola oil and season with salt and pepper.

Grill the tomatoes and scallions over high heat, turning once, until they're blistered, 1 minute per side; transfer to a platter.

Drizzle the salad with the lime juice and olive oil, sprinkle with the cheese and serve.