

# FARM FRESH

# GAZZETTE

Know Your Farmer ... Know Your Food

Wightmans Farms CSA 2015 Week 8



**THE**  
**!!!Our Own**  
**Everything!!!**  
**Corn**  
**Plum Tomatoes**  
**Squash**  
**Basil**  
**Kale**  
**Beans**  
**Pizza Dough**  
**Swiss Chard\***  
**\*Large Only**

## PEACH, PROSCIUTTO, AND GOAT-CHEESE PIZZAS

### Ingredients:

1 pizza dough  
3 tablespoons extra-virgin olive oil  
1 1/2 firm-ripe peaches, cut into thin wedges and halved crosswise  
8 very thin prosciutto slices, torn into pieces  
3 oz soft mild goat cheese, crumbled  
2 teaspoons chopped fresh rosemary

Special equipment: a pizza stone and baker's peel

### PREPARATION

Put pizza dough in an oiled large bowl and turn to coat.

Let rise, covered with plastic wrap, in a warm place until it fluffs up a bit

While u wait put pizza stone in lowest position of oven (on oven floor if gas, lowest rack position if electric; remove other racks in either case) and preheat oven to highest setting (500-550°F; allow about 1 hour to preheat with stone).

Shape dough:

Quarter dough on floured surface and dust with flour. Shape and stretch 2 pieces of dough into 7- by 5-inch ovals (keep remaining dough covered).

Sprinkle baker's peel generously with flour and carefully transfer ovals to it. Jerk peel; if dough sticks, lift it and sprinkle flour underneath.

Top and bake pizzas:

Working quickly, brush ovals with some oil and top each with one fourth of peaches, prosciutto, cheese, and rosemary. Season with salt and pepper.

Line up far edge of peel with far edge of stone and tilt peel, jerking it gently. When edge of first pizza touches stone, quickly pull back peel to completely transfer pizzas to stone (do not move pizzas).

Bake until crisp and golden, 6 to 8 minutes. Slide peel under pizzas to remove from oven.

Shape, top, and bake 2 more pizzas in same manner. Drizzle remaining oil over pizzas.

### Penne with Corn, Roasted Poblanos, Avocado, and Tomato

*Serve this hearty side dish with grilled fish. Or you can add a little chopped roasted chicken breast to the pasta toss to make it an entrée.*

Ingredients:

2 poblano peppers

**Please Return Your Boxes Every Week**

2 red bell peppers  
 2 ears of corn shucked  
 2 TB lime juice  
 1 TB EVOO  
 1 tsp salt  
 1/2 tsp fresh ground pepper  
 1/2 tsp cumin  
 1 garlic clove minced  
 4 cups hot cooked penne  
 2 cups halved grape tomatoes  
 1 cup chopped onion  
 1/4 cup cilantro  
 1 chopped peeled avocado  
 3/4 cup queso fresco

### **Instructions:**

Preheat broiler.

Cut poblano and bell peppers in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Add corn to baking sheet. Broil 18 minutes or until peppers are blackened and corn is lightly browned, turning corn occasionally. Place peppers in a zip-top plastic bag; seal. Let stand 10 minutes. Peel and coarsely chop. Cut kernels from ears of corn.

### **FRESH SALSA**

#### ***Ingredients:***

2 poblano peppers  
 2 large tomatoes, preferably heirloom, cut into small dice  
 Salt and freshly ground pepper  
 1 small yellow or white onion, finely chopped  
 3 garlic cloves, minced  
 1 medium bunch cilantro\* leaves, chopped  
 Finely grated zest of 2 limes, plus 1/4 cup (2 ounces/60 milliliters)  
 2 tablespoons (30 milliliters) unsulfured molasses  
 Fish sauce to taste

### **METHOD**

Roast poblanos until blackened on the open flame of a gas stovetop, turning occasionally with flames. Wrap poblanos in foil. If you don't have a gas range, heat a dry skillet over medium-high heat and blacken chiles, then wrap in foil.

Season tomatoes with salt and pepper. Stir in onion garlic, cilantro, lime zest and juice, molasses and a few dashes of fish sauce.

(Vegetarians can skip the fish sauce.)

Rub charred skin off of poblanos with clean hands or paper towels (it's alright if some of the skin remains). While poblanos are fairly mild, do remove the ribs and seeds for milder flavor. Chop the chiles and stir them into the tomato mixture.

Allow the salsa to sit at room temperature for about 30 minutes to allow the flavors to meld. Taste and adjust seasoning with salt, pepper and/or fish sauce.

### **Mexican Pizza**

#### ***Ingredients:***

1 pizza crust  
 1 cup (4 ounces) shredded Monterey Jack cheese, divided  
 3/4 cup salsa  
 2 tablespoons minced fresh cilantro

#### ***Instructions:***

- Remove the dough from the refrigerator and let it come to room temperature on the counter.
  - Prepare your stone, pan (lightly sprayed), or parchment paper (non-waxed).
- Carefully stretch or roll the dough to the desired size. If the dough is at room temperature, it should not tear.
  - Let the stretched dough rise for 10 to 15 minutes if thicker crust is desired.
  - Cover the dough with your favorite toppings. (here we are making Mexican

### **Pizza)**

- Bake at 400 to 425 degrees for approximately 15 to 25 minutes.

- Let cool slightly before cutting. Serve and enjoy!

Place crust on an ungreased baking sheet or pizza pan. In a small bowl, combine 1/2 cup cheese, salsa and cilantro. Spread over crust to within 1/2 in. of edges. Sprinkle with remaining cheese.

### **Shredded Chard, Apple Noodle and Tuna Salad with Lemon Dijon Vinaigrette**

OK Something NEW and EXCITING to do with Swiss Chard from once again Inspiralized..so if you DO NOT have this kitchen tool yet all these recipes MUST INSPIRE YOU TO INSPIRALIZE!!!

Shredded chard should be on every single menu at every single restaurant... in the world! Now if that doesn't express my enthusiasm for shredded chard, I don't know what will.

I had swiss chard that I bought for dinner, but I realized that I forgot I wasn't going to be home Thursday or Friday of this week, so it was most likely going to go bad.

I opened up my fridge, grabbed the chard and looking for inspiration, I Googled "chard salad" and came up with a Food52 recipe, featuring shredded chard. GENIUS!

I'd make a salad with shredded chard. I'd been meaning to make a tuna salad for lunch, so using that mindset, I landed on today's recipe. Honestly, the apple noodles seal the deal here. Without the apple noodles, you wouldn't get that crunchy, light, moist consistency or the sweetness that negates any bitterness that comes with uncooked chard. (from inspiralized.com)

## ***Ingredients***

6-7 large chard leaves

1 apple, stem removed, Blade C, noodles trimmed

¼ cup roughly chopped pecans

1 5oz can of tuna in water, drained

freshly cracked pepper, to taste

For the dressing:

1 tablespoon apple cider vinegar

1 tablespoon water

1 teaspoon Dijon mustard

2 teaspoons lemon juice

1 teaspoon honey

salt and pepper, to taste

½ tablespoon olive oil

Instructions

Place all of the ingredients for the dressing into a bowl and whisk until combined. Set aside.

Lay out the chard leaves. Cut out the thick stem and stack the leaves. Roll the stack up into a cigar and cut into thin ribbons to "shred" the chard.

Combine the chard, apple and pecans in a large mixing bowl. Add in the dressing, saving about two teaspoons. Toss to combine fully and then divide into two plates. Top the plates equally with tuna and drizzle the remaining vinaigrette onto the tuna. Season with cracked pepper.

## **Krispy Kale Pizza**

*Ingredients:*

1 1/2 cups chopped kale (center stems removed)

2 tablespoons olive oil

2 teaspoons salt (fine grain sea salt is best for the flavor)

1 cup of your favorite cheese (I used fresh mozzarella)

1/2 cup of your favorite pizza sauce (I used a

store-bought kind mixed with a little pesto)

Instructions:

Rinse and dry the kale. Remove the center stem from each leaf. Chop into small pieces. Toss in olive oil and place on a baking sheet covered with parchment paper. Sprinkle with salt. Bake at 400°F for 6-7 minutes until the kale is beginning to crisp. If you are using a pizza stone (which I highly recommend), go ahead and place it in the 400°F oven now.

Punch the dough down, then roll out on a lightly floured surface. Roll it out as thin as you can, but make sure it's not too large so that it exceeds the size of your pizza stone (or baking pan). Dust your pizza peel with corn meal (or a little bit of flour). Place the dough on the peel. Quickly cover with sauce, cheese, and the kale. Gently glide the pizza off the peel and onto your hot pizza stone. Bake for 24-26 minutes, until the edges look crispy and the cheese looks melty.

## **Roasted Tomato Kale Feta & Mozzarella Pizza**

INGREDIENTS

For the tomatoes:

4-5 medium tomatoes

Olive oil

Pinch of sugar

Kosher salt and freshly ground pepper

For the pizza:

2 tbsp. plus 2 tsp. olive oil, divided

2 cloves garlic, minced

½ tsp. red pepper flakes

3-4 cups kale leaves, stemmed and roughly chopped

1 ball pizza dough

2 oz. mozzarella, shredded\*

3-4 oz. crumbled feta cheese

DIRECTIONS

To roast the tomatoes, preheat the oven to

300° F. Line a baking sheet with a silicone baking mat or parchment paper. Slice the tomatoes into about ½-inch thick slices. Lay the slices in an even layer on the prepared baking sheet. Drizzle lightly with olive oil, sprinkle with a pinch of sugar, and season with salt and pepper. Bake for 50-60 minutes, carefully flipping the slices halfway through baking, until roasted and slightly browned. Transfer the tomatoes to a plate lined with paper towels, layering if needed. Refrigerate at least a few hours to drain excess liquid from the tomatoes.

In a small skillet, combine 2 tablespoons of the olive oil with the garlic and red pepper flakes. Warm over low heat for about 10-15 minutes to infuse the oil with the flavors of the spices. Set aside.

In a medium skillet, heat the remaining 2 teaspoons of oil over medium-high heat. Add the kale to the pan and cook, stirring occasionally, just until the leaves are wilted. Remove from the heat and set aside.

To make the pizza, heat the oven to 500° F and preheat a pizza stone for at least 30 minutes. Roll out the pizza dough into a 12-14 inch round. Lightly brush the dough with the garlic-red pepper oil. Sprinkle the shredded mozzarella over the dough. Layer with the wilted kale, roasted tomato slices, and feta.

Transfer the pizza to the preheated pizza stone and bake until the cheese is melted and bubbling and the crust is lightly browned, about 11-12 minutes. Remove from the oven and let cool slightly before slicing and serving.

\*For best results, always use freshly shredded cheese. Pre-shredded cheese comes coated in things such as flour, cornstarch to prevent clumping and results in an unpleasant, gritty texture when melted.

## CHARRED CORN SALAD W/ BASIL & TOMATOES

### INGREDIENTS

12 ears of corn, husked  
6 tablespoons olive oil, divided  
1 cup thinly sliced red onion  
2 large tomatoes, chopped  
1 cup (loosely packed) fresh basil leaves, large leaves torn  
1/3 cup (or more) fresh lime juice  
2 tablespoons chopped fresh thyme  
Kosher salt, freshly ground pepper

### PREPARATION

Build a medium-hot fire in a charcoal grill, or heat a gas grill to high. Rub corn with 1 tablespoon oil. Grill, turning frequently, until corn is charred and heated through, 10-12 minutes. Remove from grill; when cool enough to handle, cut kernels from cobs and transfer to a large bowl. **DO AHEAD:** Corn can be made 3 hours ahead. Let stand at room temperature.

Place onion in a strainer and rinse with cold water to mellow its flavor. Drain well. Mix onion, remaining 5 tablespoons oil, tomatoes, basil, 1/3 cup lime juice, and thyme into corn. Season to taste with salt, pepper, and more lime juice, if desired. **DO AHEAD:** Salad can be assembled 1 hour ahead. Let stand at room temperature.

The fresh flavors of summer get to shine in this *kale salad with peaches, corn, and basil-honey vinaigrette*.

### Ingredients

For the salad  
1 large bunch of kale, stems removed and leaves thinly sliced  
1 tbsp olive oil, plus more for drizzling  
large pinch of salt  
3 peaches, pitted and thinly sliced  
3 ears of corn kernels  
4 oz honey cheddar goat cheese or other goat cheese

1 loaf ciabatta bread, cubed  
4 tbsp parmesan cheese

### For the dressing

1 tbsp olive oil  
1 tbsp balsamic vinegar  
1 tsp whole grain mustard  
1 tsp honey  
4 basil leaves, minced  
salt and black pepper, to taste

### Instructions

Heat oven to 400F.

In a large bowl, toss the kale with a tablespoon of olive oil and salt. Massage until kale volume reduces by half and kale turns a dark green.

Toss the kale with the peaches, corn kernels, and cheese.

Arrange the bread cubes on a parchment lined baking sheet. Drizzle with olive oil and sprinkle with parmesan cheese. Roast for 10 minutes.

Meanwhile, whisk together the olive oil, balsamic vinegar, mustard, honey, and basil. Season to taste with salt and pepper. Toss with the salad.

Serve the salad topped with the parmesan croutons.

## GREEN BEAN AND PEACH SALAD

### Ingredients

1/2 cup olive oil  
1 medium yellow onion, thinly sliced  
1 lb. firm-ripe yellow peaches, sliced

1 tbsp. finely chopped oregano  
2 tbsp. white balsamic vinegar  
Kosher salt and freshly ground black pepper, to taste

2 lb. green beans, trimmed

### Instructions

Heat 3 tbsp. oil in a 12" skillet over medium-high heat. Add onion; cook until slightly caramelized, 7-10 minutes. Stir in peaches and oregano; cook until peaches are soft, 5-7 minutes. Whisk remaining oil with vinegar, salt, and pepper in a large bowl; add onion and peaches and set aside.

Bring a 6-qt. saucepan of salted water to a boil; add beans and cook until crisp-tender, 1-2 minutes. Transfer to a bowl of ice water until chilled. Drain and add to peach mixture; toss to combine.