

# FARM FRESH

# GAZZETTE



**THE** Finicky-Asparagus Escarole Mint Lettuce Radish Beets Swiss Chard Breadsmith Dough  
**Fanatic Shares** get everything from above +Kale & Petite Harvest Loaf

## Wilted Escarole Salad

[BON APPÉTIT](#) OCTOBER 2013

Makes 8 servings- this is the best use for Escarole EVER-HANDS DOWN- but you have to follow the recipe. We first started loving this recipe when Chef Michele made it for us! Once you eat it you will never want escarole any other way! And I am Italian!!!

### INGREDIENTS

- 1/2 loaf country-style bread (about 8 ounces), crust removed, torn into 1" pieces (about 5 cups)
- 7 tablespoons olive oil, divided
- Kosher salt, freshly ground pepper
- 2 garlic cloves, coarsely chopped
- 1-2 anchovy fillets packed in oil
- 1/4 teaspoons crushed red pepper flakes
- 2 tablespoons (or more) white wine vinegar
- 1 large head escarole, outer leaves removed, inner leaves torn into large pieces

### PREPARATION

1. Preheat oven to 350°F. Toss bread and 3 tablespoons oil on a large rimmed baking sheet, squeezing bread so it absorbs oil evenly; season with salt and pepper. Spread out bread pieces in an even layer and bake, tossing occasionally, until crisp on the outside but still chewy in the center, 10-15 minutes. Let croutons cool.
2. Meanwhile, heat remaining 4 tablespoons oil in a small skillet over

medium heat. Add garlic and cook, stirring often, until golden, about 2 minutes. Add anchovies and, using a spoon, mash into oil. Add red pepper flakes and remove skillet from heat. Add vinegar, scraping up any bits; season vinaigrette with salt and pepper. Just before serving, toss escarole, croutons and warm vinaigrette in a large bowl until escarole is slightly wilted; season with salt, pepper, and more vinegar, if desired.

*DO AHEAD: Croutons and vinaigrette can be made and escarole can be prepped 1 day ahead. Store croutons wrapped airtight at room temperature. Let vinaigrette cool; cover and chill. Gently reheat vinaigrette before using.*

## Escarole Salad With Walnuts and Parmesan

Serves 8

### INGREDIENTS

1. 1 cup walnuts, roughly chopped
2. 1 large head escarole, torn into pieces (about 12 cups)
3. 1 small red onion, thinly sliced
4. 2 ounces Parmesan, shaved (about 1/2 cup)
5. 2 tablespoons red wine vinegar
6. 1 tablespoon Dijon mustard
7. kosher salt and black pepper
8. 1/3 cup olive oil

### DIRECTIONS

Heat oven to 375° F. Spread the walnuts on a rimmed baking sheet and toast, tossing occasionally, until fragrant, 8 to 10 minutes.

2. In a large bowl, combine the escarole, onion, Parmesan, and toasted walnuts.
3. In a small bowl, whisk together the vinegar, mustard, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Whisking constantly, gradually add the oil. Toss with the salad.

## Escarole with Italian Sausage and White Beans

[BON APPÉTIT](#) OCTOBER 199-Of course we have to give you a skaa-doole and beans recipe...but I highly recommend the wilted escarole salad it is delish!

### INGREDIENTS

- 3 tablespoons olive oil
- 1 package of your favorite Griggstown Sausage
- 1 cup chopped onion
- 1/2 cup chopped prosciutto (about 2 ounces)
- 1 tablespoon minced garlic
- 1/2 teaspoon dried crushed red pepper
- 1 large head escarole, chopped (about 10 cups)
- 3/4 cup dry white wine
- 2 15-ounce cans Great Northern beans, rinsed, drained
- 1 cup ZOUP!!! or other brand chicken stock!!!
- Freshly grated Parmesan cheese (optional) is it really optional?

### PREPARATION

Heat oil in heavy large pot over medium-high heat. Working in batches, sauté sausage (remove casings) until cooked through, breaking up with back of spoon, about 6 minutes per batch. Using slotted spoon, transfer sausage to bowl, leaving drippings in pot. Reduce heat to medium; add onion to pot and sauté until translucent, about 5 minutes. Add prosciutto and sauté 1 minute. Mix in garlic and crushed red pepper. Add escarole and sauté until wilted, about 2 minutes. Add wine and cook 2 minutes. Add beans, stock and sausage and simmer 10 minutes to blend flavors. Season to taste with salt and pepper. Transfer to large bowl. Top with grated Parmesan, if desired.

**Asparagus, Feta, & Beet Salad**  
*fromBBCgoodfood.com*

I was quite surprised with the outcome of this salad, I started out just intending to have some grilled asparagus for lunch and before I knew it I had built a very colourful salad with lots of contrasting colours and textures. Pat on the back for me!! If you are trying to lay off the carbs for lunch time but find yourself stuck for lunch time ideas, this little salad is a winner. The sweet dressing really compliments the asparagus and the cheese also.

Serves 1

**Ingredients**  
Salad 1 small bunch of asparagus, woody ends snapped off 50g feta cheese 1 cooked beetroot, diced 1 handful of washed rocket leaves 1 tomato, quartered  
Dressing 1 tbsp runny honey 2 tbsp olive oil Salt and pepper 1 tbsp white wine vinegar 1 tsp wholegrain mustard 1/2 a grated clove of garlic

**Method**  
Preheat a griddle pan until its smoking hot and put the asparagus one and let to char for a few minute before turning On a plate, arrange the rocket, tomato, beetroot and crumble the feta To making the dressing simply mix all the ingredients together in a cup, whisking to get a little emulsion Turn the asparagus until it charred all round Add to the salad and toss with the dressing liberally. This would be a good salad for a BBQ, or as an

accompaniment to roast chicken or lamb. For extra protein, you could actually add a hard boiled egg, or some chicken, or even flaking some cooked salmon would be actually good here.

**5 Ways to Eat Chard Stems**

Young and tender chard stems require little extra thought, but when the stalks turn thick, and perhaps stringy, it's usually best to [trim them](#) from the leaves. That doesn't mean you should toss them in the compost or garbage bin, though. Treat them as another vegetable and you have an ingredient for pickles, gratins, and more.

• **Refrigerator pickles:** These [pickled chard stems](#) are spicy, sweet, acidic, and especially pretty when made with rainbow chard.

• **Gratin:** A little extra cooking can turn chard stems tender and sweet. For inspiration, see Sunset's [Chard-stem Gratin](#) with breadcrumbs and cheese.

• **Vegetable stock:** Toss the stems in the freezer along with other [vegetable scraps](#). When you've collected enough, make an [easy vegetable stock](#).

• **With the leaves:** In most cases you can eat chard stems in the same dish as the leaves. If the stalks are thick, finely chop them and start cooking them a little earlier so they become tender.

**Sriracha Fridge Pickles-Who doesn't LOVE Sriracha????!**  
MAKES ABOUT 1 1/2 CUPS  
SERVINGS  
*Ashley Rodriguez*

Make a brine, add Sriracha, throw in chard stems and let the refrigerator pickles hang out for a few days. Really good stuff.

**Ingredients**  
MAKES ABOUT 1 1/2 CUPS  
SERVINGS

- Swiss chard stems, chopped
- 1 cup distilled white vinegar
- 2 cups sugar
- 1/2 onion, thinly sliced

- 3 tablespoons Sriracha
- 1/2 teaspoon celery seeds

**Preparation**

Make a mixture of vinegar and sugar, then stir in onions, Sriracha, and celery seeds. Pour it all over the chopped stems, using 3 cups liquid for every 1 1/2 cups chopped stems. Throw it in the refrigerator for a few days, and you've got the ultimate refrigerator pickles.

**Swiss Chard Gratin-whhhh...aaatt!?!???**

YIELD Makes 4 servings

Stems from Swiss chard are often mistakenly thought of as too tough or fibrous to eat. All they need is a bit of extra cooking to make them tender and sweet. Here is a simple way to use a lot of "leftover" stems. Prep and Cook Time: 45 minutes. Notes: While this recipe calls for stems from 2 bunches of chard, it is adaptable to however many stems you have--just adjust the amount of cheese and bread crumbs proportionately. Panko, or Japanese bread crumbs, are very light and crunchy; find them at Asian markets.

**Ingredients**

- 1 tablespoon salt
- Stems from about 2 bunches of Swiss chard, trimmed of discolored ends
- 1 clove garlic, halved
- About 1 tbsp. butter, softened
- 1/2 cup panko (see Notes) or fresh white bread crumbs
- 1/2 cup grated parmesan

**How to Make It**

1. Preheat oven to 375°. Bring a large pot of water to boil. Add salt and chard stems. Boil until stems are tender to the bite, 10 to 15 minutes. Drain and set aside.

Rub a medium-size shallow baking dish with the cut sides of the garlic clove halves. Butter the dish and then put in the chard stems. In a sealable plastic bag, mix bread crumbs, parmesan, and 1 tbsp. butter. Sprinkle mixture on stems. Cook until top is browned and crisp, about 15 minutes. Serve hot or warm

## Asparagus Walnut Pizza | Family Economics

By [Cathe Holden](#)

I always love to try out some fun, new recipes for gourmet pizzas like this one for Asparagus Walnut Pizza! This recipe is great for mealtime and also makes an excellent hors d'oeuvres.

### Asparagus Walnut Pizza

Prep: 10 minutes

Cook: 10 minutes

Yield: 4 servings

#### Ingredients

1 breadsmith dough (directions

BELOW-I feel like Dr. Seuss)

1/4 cup Alfredo sauce or use the light recipe below

1/2 cup asparagus spears, cooked and cut into 1-inch pieces

1/2 cup walnut pieces

1/2 cup bleu cheese, crumbled/OR use feta or goat

#### Directions

Preheat oven according to pizza crust instructions.

Spread Alfredo sauce atop the pizza crust.

Place asparagus evenly over the sauce and repeat with walnuts.

Sprinkle crumbled bleu cheese over pizza.

Bake according to crust instructions or at 425°F for approximately 8-12 minutes.

Use pizza cutter or kitchen scissors to cut individual slices. Serve and enjoy with a fresh garden salad and sparkling beverage!

*From thekitchn.com*

**Asparagus and radishes are like the Christmas elves of spring: appearing out of nowhere in festive green and**

**scarlet, letting us know that something very good is on the way.**

But I don't find them together in the same dish as often as I would like.

**They belong together:** the mellow sweetness of fresh asparagus tastes so good with the fresh sharpness of radishes.

This quick, easy side dish tosses them together with a handful of mint. If these are the elves, then mint is the good fairy of spring, and deserves to appear as often as possible.

This is such a quick and easy salad. I sauté the asparagus quickly with a little butter or olive oil — just until crisp-tender. I don't cook the radishes, though; the dressing will mellow and soften their edges. Toss with salt, pepper, a touch of oil and rice vinegar, and you have yourself the best of spring in a bowl.

### Asparagus & Radishes with Mint

*Serves 4*

1 pound asparagus

1/2 tablespoon butter or olive oil

4 ounces radishes (5 to 8 medium to large radishes)

1 tablespoon extra-virgin olive oil

1 teaspoons rice vinegar

Flaky salt and freshly-ground black pepper

1/4 loosely-packed cup fresh mint

leaves, stems removed

Snap off the woody ends of the asparagus and cut each stalk into 1-inch pieces. Heat the butter or oil in a large sauté pan over high heat and cook the asparagus for 2 to 3 minutes, until it's warmed through and tender but still crisp.

Slice the radishes into thin rounds using a mandoline or sharp chefs knife. Toss with the asparagus in a large bowl.

Whisk together the olive oil and vinegar. Pour over the vegetables and toss. Season generously with flaky salt and black pepper. Slice the mint leaves very fine and toss them with the vegetables.

This can be refrigerated for up to 4 hours before serving. Serve cold or at

room temperature. Toss with pasta to make it a meal!!! Cook pasta according to package directions BUT be sure to do it al dente, remove and cool in an ice water bath then drain and drizzle olive oil on the pasta then mix with the asparagus/mint and radish salad!

## THE HUMMUS BEET PIZZA

### Ingredients:

#### 1 Breadsmith Pizza Dough

- 1 small Beet, thinly sliced
- 1 small can of chickpeas
- 1 tsp Tahini
- 1 tbs Lemonjuice
- zest of one lemon
- ½ tso salt
- ½ tsp cumin
- ½ tsp zatar
- ½ tsp paprika
- ½ tsp harissa
- 1 garlic clove

#### for the Kale:

- 1 tsp tahini
- 1 El Lemon juice
- ½ tsp salt

#### Toppings:

- 1 tbs pine nuts

#### Steps:

1. Preheat oven to 240°C. Add chickpeas, zatar, tahini, lemon juice, zest, water, cumin, salt, paprika and harissa into a blender and blend until smooth. Spread on to a pizza base and top with the sliced beet. Place in the oven and bake for 12 minutes.
2. Add the kale into a large mixing bowl and add tahini, lemon juice and salt. Massage and set aside for later. After 10 minutes sprinkle the pizza with the pine nuts.
3. Meanwhile Massage the Kale with tahini, lemon juice and salt. When the pizza has finished baking top it with the massaged kale.

## Pizza Dough from The Breadsmith

A versatile white dough made using the same great ingredients and artisan techniques as our loaves. A fun way to bring our dough home and use creativity to make a delicious appetizer or dinner.

### **Suggested Uses**

Our favorite toppings: olive oil and fresh garlic, cheese, red bell pepper, thinly sliced red onion and artichoke hearts. You can also use our pizza dough to make calzones, breadsticks and more!

### **INGREDIENTS**

UNBLEACHED UNBROMATED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR), WATER, CORNMEAL, SEMOLINA FLOUR, SUGAR, CANOLA OIL, BARLEY MALT SYRUP, SALT, WHEAT GLUTEN, YEAST.

### **NUTRITION**

Serving Size 1/8 Package (57g), Servings Per Container 8  
Amount Per Serving: Calories 140, Calories from Fat 15, Total Fat 1.5g (2% DV), Saturated Fat 0g (0% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 230mg (10% DV), Total Carbohydrate 28g (9% DV), Dietary Fiber 0g (0% DV), Sugars 2g, Protein 4g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV)

### **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. Bake at 400 to 425 degrees for approximately 15 to 25 minutes. Let cool slightly before cutting. Serve and enjoy!

## Skinny Alfredo Sauce

This easy fettuccine alfredo recipe is made "skinny" with a lighter alfredo sauce recipe — but it's as delicious and creamy and flavorful as ever!

### **INGREDIENTS:**

- 12 ounces fettuccine (or any pasta shape)
- 1 Tablespoon extra virgin olive oil or butter
- 4 cloves garlic, pressed or finely-minced
- 3 Tablespoons all-purpose flour
- 1 cup chicken stock-use ZOUP!
- 1 cup low-fat milk (I used 1%)
- 3/4 cup freshly-grated Parmesan cheese
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- (optional toppings: chopped fresh parsley, I would add chopped blanched GREENS-O YES I WOULD! And extra Parmesan)

### **DIRECTIONS:**

Cook pasta al dente according to package directions, in [generously-salted](#) water.

Meanwhile, heat olive oil (or melt butter) in a large saute pan over medium-high heat. Add garlic and saute one minute, stirring occasionally, until fragrant. Sprinkle with flour, and stir to combine. Saute for an additional minute to cook the flour, stirring occasionally.

Slowly add chicken broth, whisking to combine until smooth. Whisk in milk, and bring the mixture to a simmer. Let cook for an additional minute until thickened, then stir in Parmesan cheese, salt and pepper until the cheese melted. Reduce heat to medium-low until pasta is cooked.

Drain pasta, then immediately add pasta to the saute pan with alfredo sauce. Toss to combine. Serve topped with chopped fresh parsley if desired.  
\*\*\*\*\*

Drain the pasta, reserving about 1/2 cup (4 fl. oz./125 ml) of the cooking

water. Add the pasta to the sauce in the pan and toss to combine, adding up to a few tablespoons of the cooking water if needed to moisten the sauce so that it coats the pasta nicely. Transfer to a warmed large, shallow serving bowl or individual shallow bowls and serve immediately. Serves 4

THIS FRIDAY-Save the date to meet our NEW ravioli MASTER, o yes he sure is a master!  
1-5 May 19th  
Hand made ravioli.

"We order it THEN he makes it so it's fresher than fresh! It's like having your own own chef!" Who even takes the time to package ravioli like the best gift you ever got? NICK DOES!



**Questions, comments, stories to share contact:**

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