

Thyme Saver CSA: Recipes & News for November 1, 2016

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This Week's Box, How to Store It, How Long Will It Last?

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| ● Broccoli (Crisper drawer, 5-7 days) | ● Apples (Counter, 2-3 days, crisper drawer, 1 week+) |
| ● Lettuce (Crisper drawer, 3-5 days) | ● Celery Root (L Only) (Crisper drawer, 1 week+) |
| ● Swiss Chard (Crisper drawer, 3-5 days) | ● Potatoes (L Only) (Counter, 1 week +) |
| ● Delicata Squash (Counter, 1 week +) | ● Arugula (L Only) (Crisper drawer, 3-5 days) |
| ● Leeks (Crisper drawer, 3-5 days) | |

Questions? Contact our CSA Program Manager, Jenny: thymesaver@stokesfarm.com

Pork Tenderloin with Sauteed Apples & Leeks (adapted from Martha Stewart)

season with salt and pepper. Thinly slice pork, and serve with apples and leeks.

INGREDIENTS

- 2 pork tenderloins (1 1/2 to 2 pounds total), trimmed of excess fat and silver skin
- 2 tablespoons olive oil
- Coarse salt and ground pepper
- 2 leeks, white and light-green parts only, halved lengthwise, and cut crosswise into 1-inch pieces
- 1/2 teaspoon fennel seeds
- 3 apples, cored and cut into 1/4-inch-thick slices and halved crosswise
- 1 tablespoon honey
- 1 teaspoon sherry vinegar or red-wine vinegar

INSTRUCTIONS

Heat broiler, with rack set 4 inches from heat. On a broilerproof rimmed baking sheet, rub pork with 1 tablespoon oil; generously season with salt and pepper. Broil, until pork registers 145 degrees on an instant-read thermometer, 12 to 14 minutes. Transfer to a plate, cover loosely with aluminum foil, and let rest, 10 minutes (temperature will rise about 5 degrees as it sits). Meanwhile, in a large skillet, heat remaining tablespoon oil over medium. Add leeks and fennel seeds; cook, stirring occasionally, until leeks are tender, about 6 minutes. Add apples, and cook, tossing, until just beginning to soften, 3 to 4 minutes. Remove from heat; stir in honey and vinegar, and

Celery Root & Potato Puree

(adapted from *Food Network*)

INGREDIENTS

- 1 quart potatoes
- Kosher salt
- 1 large celery root, tough outer parts removed, cut into 1-inch cubes
- 1 to 1 1/2 cups heavy cream
- 1 stick cold butter, cut into pats

INSTRUCTIONS

Place the potatoes in a pot large enough to accommodate the celery root and the potatoes. Add enough water to cover the vegetables by 2 inches and season generously with salt. Bring to a boil and cook for about 10 minutes. Add the celery root and cook until both vegetables are fork tender. Strain the celery root and potatoes. Pour the cream in a small saucepan and bring to a boil. Meanwhile, pass the celery root and potatoes through a food mill into a large bowl. Add one-quarter of the hot cream and 2 pats of the butter. Stir vigorously until the cream and butter are thoroughly combined. Repeat for the remaining cream and butter. Taste for seasoning, you will probably have to add salt. Serve in a warm serving bowl immediately or keep warm until ready to use.

Fried Delicata Squash

(a Stokes Farm Recipe)

INGREDIENTS

- 1 delicata squash
- 1 cup breadcrumbs (more if needed)
- Seasoning to taste for breadcrumbs
- 2 eggs, whisked
- Canola or olive oil
- Applesauce (optional, for serving)

INSTRUCTIONS

Wash & peel the squash. Cut in half lengthwise and scoop out seeds. Slice each piece of squash into half-moons. Dip each piece into the egg and then into the breadcrumbs. Heat the oil to shimmering, then fry each piece of squash until brown. Flip over and fry again until both sides are browned. Serve with applesauce.

Arugula Vichyssoise

(adapted from *Epicurious*)

INGREDIENTS

- 3/4 cup finely chopped white and pale green part of leek, washed well (about 1 leek)
- 2 tablespoons olive oil
- 1 garlic clove, chopped
- 1 small potato, peeled, grated coarse (about 3/4 cup), and reserved in water to cover
- 2 cups low-salt chicken broth
- 2 cups packed arugula, washed well and spun dry
- 3 tablespoons half-and-half or heavy cream
- 1 slice of homemade-type white bread, cut into 1/2-inch cubes
- 1 small plum tomato, seeded and diced, for garnish

INSTRUCTIONS

In a small heavy saucepan cook the leek with salt and pepper to taste in 1 tablespoon of the oil over moderate heat, stirring, until it is softened, add the garlic, the potato, drained, and the broth, and simmer the mixture, covered, for 8 to 10 minutes, or until the potato is very soft. Stir in the arugula,

simmer the mixture, covered, for 1 minute, and in a blender purée it in batches for 2 minutes, or until it is completely smooth. Transfer the purée to a metal bowl set in a larger bowl of ice and cold water, stir in the half-and half, and chill the soup, stirring occasionally, for 10 minutes, or until it is cold. While the soup is chilling, in small heavy skillet cook the bread cubes in the remaining 1 tablespoon over moderate heat, stirring, until they are browned, transfer the croutons to paper towels, and season them with salt. Divide the soup between 2 bowls and top it with the croutons and the tomato.

Caramelized Broccoli with Garlic

(adapted from *Food & Wine*)

INGREDIENTS

- 3 tablespoons extra-virgin olive oil
- 1 head of broccoli, stems peeled and head halved lengthwise
- 1/2 cup water
- 3 garlic cloves, thinly sliced
- Pinch of crushed red pepper
- Salt and freshly ground black pepper
- 2 tablespoons fresh lemon juice

INSTRUCTIONS

In a large, deep skillet, heat 2 tablespoons of the olive oil. Add the broccoli, cut side down, cover and cook over moderate heat until richly browned on the bottom, about 8 minutes. Add the water, cover and cook until the broccoli is just tender and the water has evaporated, about 7 minutes. Add the remaining 1 tablespoon of olive oil along with the garlic and the crushed red pepper and cook uncovered until the garlic is golden brown, about 3 minutes. Season the broccoli with salt and black pepper, drizzle with the lemon juice and serve.