

Thyme Saver CSA: Recipes & News for October 11, 2016

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

- Lettuce (Crisper drawer, 3-5 days)
- Butternut Squash (Counter, 1 week +)
- Apples (Counter, 2-3 days, crisper drawer, 1 week+)
- Plum tomatoes (Counter, 3-4 days)
- Green zucchini (Crisper drawer, 3-5 days)
- Leeks (Crisper drawer, 5-7 days) Napa Cabbage (L Only) (Crisper drawer, 3-5 days)
- White Peppers (L Only) (Crisper drawer, 3-5 days)
- Rosemary (wrap in damp paper towel, put in open Ziploc bag in the fridge, 2-3 days)

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

Spicy Cavatelli With Zucchini And Leeks

(adapted from *Bon Appetit*)

INGREDIENTS

- ½ pound cavatelli
- ¼ cup olive oil
- 1 large leek, white and pale-green parts only, chopped
- ¾ teaspoon crushed red pepper flakes
- Kosher salt and freshly ground black pepper
- 2 large zucchini, grated
- ⅓ cup grated Pecorino

INSTRUCTIONS

Cook cavatelli; drain, reserving ¾ cup pasta cooking liquid. Meanwhile, heat oil in a large skillet over medium heat. Add leek and red pepper flakes; season with salt and pepper. Cook, stirring often, until soft, about 5 minutes. Add zucchini and cook, stirring occasionally, until soft, about 5 minutes. Toss in pasta and reserved pasta cooking liquid; cook until sauce coats pasta, about 2 minutes. Toss in Pecorino.

Roast Pork Tenderloin and Apples with Mushroom Sauté

(adapted from *Epicurious*)

INGREDIENTS

- 1 pork tenderloin (about 1¼ lb.)
- Kosher salt, freshly ground black pepper

- 2 tablespoons vegetable oil, divided
- 1 medium apple, cored, cut into ¾" wedges
- 8 ounces crimini (baby bella) mushrooms, trimmed, quartered
- 1 garlic clove, finely chopped
- 1 teaspoon chopped fresh sage leaves

INSTRUCTIONS

Remove tenderloin from refrigerator about 30 minutes before cooking. Preheat oven to 350°. Season tenderloin generously with salt and pepper. Heat 1 Tbsp. oil over medium-high heat in a large ovenproof skillet. Add pork and apple wedges to skillet and cook, turning pork occasionally, until pork and apples are browned, 12–15 minutes. Transfer skillet to oven and roast until an instant-read thermometer inserted in center of pork registers 140°, 10–12 minutes. Transfer pork and apples to a plate along with any juices. Return skillet to stove-top. Heat remaining 1 Tbsp. oil in skillet over medium-high heat. Add mushrooms and season with salt and pepper. Cook, tossing occasionally, until browned and tender, about 5 minutes. Add garlic, sage, and ½ cup water. Cook, stirring and scraping up any browned bits from bottom of skillet, until liquid is almost completely evaporated, about 2 minutes. Add apples and any accumulated juices to skillet and toss to combine. Serve pork with mushrooms and apples.

Shrimp & Egg Fried Rice with Napa Cabbage

(adapted from *Food Network*)

INGREDIENTS

- 6 tablespoons peanut oil
- 2 shallots, thinly sliced
- 1 (2-inch) piece ginger, peeled and grated
- 1/2 head napa cabbage, core removed & finely sliced
- Salt
- 2 cloves garlic, minced
- 1/2 pound medium shrimp, peeled and deveined
- 3 large eggs, lightly beaten
- 4 cups cooked long-grain white rice
- 1/2 cup frozen peas, thawed in warm water
- 3 tablespoons soy sauce
- 1/4 bunch scallions, sliced, for garnish
- 1/2 cup chopped peanuts, for garnish

INSTRUCTIONS

Heat 2 tablespoons of the peanut oil in a wok or a large nonstick skillet over medium-high flame. Give the oil a minute to heat up, then add the shallots, the ginger, and stir-fry for 1 minute until fragrant. Add the cabbage and stir-fry until the cabbage is wilted and soft, about 8 minutes; season with a nice pinch of salt. Remove the vegetables to a side platter and wipe out the wok with dry paper towel. Put the pan back on the heat and coat with 2 tablespoons of oil. Add the garlic and to the wok and saute gently until fragrant. Add shrimp and cook for 2 to 3 minutes until pink. Set aside on platter with vegetables. Add remaining oil to the wok and when hot, crack the eggs into the center. Scramble the egg lightly, then let it set without stirring so it stays in big pieces. Fold in the rice and toss with the egg until well combined, breaking up the rice clumps with the back of a spatula. Return the sauteed vegetables and shrimp to the pan along with the peas and season with salt and soy sauce. Toss everything together to heat through. Spoon the fried rice out onto a serving platter, and garnish with scallions and peanuts.

Garlic Rosemary Steak

(adapted from *Epicurious*)

INGREDIENTS

- 3/4 cup plus 7 Tbsp. olive oil, divided
- 1/4 cup 1-inch pieces rosemary sprigs
- 1 1/2 pounds hanger or flank steaks, cut into four 6-ounce steaks
- Kosher salt, freshly ground pepper
- 6 large garlic cloves, sliced
- Coarse sea salt (such as Maldon)

INSTRUCTIONS

Heat 3/4 cup oil and rosemary in a small saucepan over medium heat until oil begins to bubble and an instant-read thermometer registers 140°, about 2 minutes. Let steep at room temperature for at least 2 hours or cover and chill overnight (the longer it steeps, the more flavorful it will be). Strain oil; discard rosemary. Set rosemary oil aside. Rub steaks with 1 Tbsp. olive oil; season generously with kosher salt and pepper. Heat 2 Tbsp. oil in a large heavy skillet over high heat until it begins to shimmer. Quickly sear steaks on all sides and transfer to a cutting board (they will still be quite rare; you'll finish cooking them shortly). Let rest for 10 minutes. Clean and dry skillet. Cook remaining 4 Tbsp. oil and garlic in skillet over medium heat, turning occasionally, until garlic is dark brown but not burnt, 3–4 minutes. Remove pan from heat; discard garlic. Transfer 2 Tbsp. garlic oil to a small bowl; reserve. Cut steaks against the grain into 1/3-inch-thick slices. Heat remaining garlic oil in skillet over medium heat until it shimmers. Add half of sliced steak to skillet and cook, turning once, until cooked to desired doneness, 1–2 minutes for medium-rare. Add 1 Tbsp. rosemary oil; toss. Transfer steak and oil to a platter. Repeat with reserved garlic oil, steak, and 1 Tbsp. rosemary oil. Sprinkle with sea salt and drizzle with more rosemary oil, if desired.