



CSA Recipes

**Inspired by Mid Summer Produce from
Meadow Lynn Market Garden and CSA**

by Marci Hughes - Old Cut Kitchen





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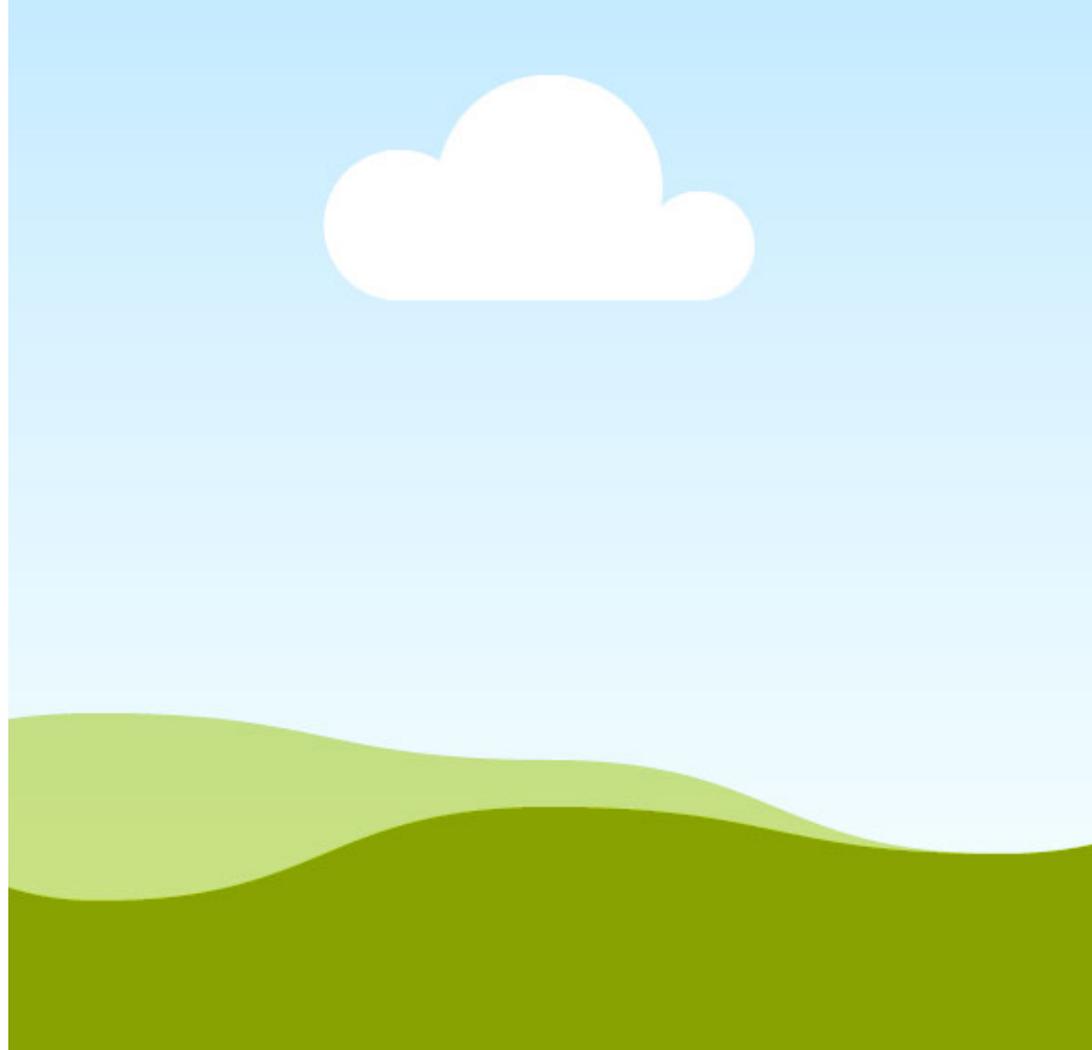
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INTRODUCTION



Hi, I'm Marci. I was a member of this awesome CSA program until 2 years ago when I planted a huge garden of my own. It's been a great experience and thankfully, Sarah is always available for questions and advice.

I know what it's like to pick up your CSA share and think "what am I going to make with all these veggies?" I've come up with some recipes that might help you think outside the "box."

For more recipes featuring ingredients available throughout the local harvest season, visit www.oldcutkitchen.com. You will find a CSA recipe section as well as an option to search by ingredient.



Beet and Goat Cheese Tart

A colourful and easy appetizer using ready made puff pastry topped with goat cheese, thin slices of beets and fresh thyme.

ingredients:

1 large or 2 small beets
1/2 package frozen puff pastry, either block or pre rolled
flour for rolling pastry if required
300 g plain goat cheese
1 Tbsp extra virgin olive oil
1 - 2 Tbsp fresh snipped thyme
salt and pepper

Allow puff pastry to thaw in refrigerator over night. Remove goat cheese from fridge to warm to room temperature. If cheese isn't easily spreadable, microwave in short bursts on low temperature for 10 - 15 second bursts until smooth.

Rinse and peel beets if desired. Using a mandoline or very sharp knife, slice beets into very thin circles or partial circles.

If using block pastry, roll square block on floured surface into approximately 9 x 12 inch rectangle. Pre rolled pastry is 10 x 10 inches and can be gently rolled to slightly longer but do not over stretch either type. Lay pastry onto a baking sheet covered with parchment paper.

Spread goat cheese evenly over pastry. Arrange beet slices in an artful pattern. Drizzle with olive oil, season with salt and pepper and sprinkle most of the fresh thyme over top.

Bake at 400 degrees on the centre rack for 30 - 35 minutes until puffed slightly and golden brown.

Sprinkle reserved thyme over top before serving.

Makes a 9 x 12 tart



Carrot and Herb Cornbread Muffins

Moist and tasty savoury cornbread muffins with carrots, fresh dill and chives.

for the dry ingredients:

1 1/2 cups all purpose flour
1/2 cup cornmeal
1 1/2 tsp salt
1 tsp baking powder
1/4 tsp baking soda
1/3 cup freshly grated parmesan

for the wet ingredients:

1/3 cup melted butter
1/3 cup plain yogurt
1/2 cup milk
1 egg, beaten
1 1/2 cups shredded carrots
1/4 cup mince fresh dill and chives (or any herbs of your choice)

Sift together dry ingredients.

In large bowl, beat egg. Whisk in yogurt and milk. Melt butter and allow to cool slightly. Add a small amount of dairy mixture to the butter, then pour into egg mixture and whisk well.

Shred carrots. Mince herbs.

Add dairy mixture, carrots and herbs to dry ingredients. Mix only until mostly combined. Do not over mix. Rest at room temperature while oven preheats to 350 degrees. Ensure rack is set at middle position.

When oven is almost preheated, spoon batter into 12 regular sized muffin tins or 24 mini muffins. It's not necessary to grease tins or use paper liners as they tend not to stick.

Bake for 22-24 minutes for regular sized muffins or 13-14 minutes for minis.

Makes 12 muffins or 24 mini muffins



Hot and Sour Lemongrass Soup with Tofu

A healthy and simple soup with a hint of lemon and heat. Substitute vegetable broth for a vegan version or exchange the tofu for chicken if you prefer to add meat.

for the broth:

6 cups chicken broth
2 stalks lemongrass
2 inch chunk fresh ginger
2 tsp rice vinegar
1/2 tsp salt
1/2 tsp white pepper

for the soup:

1/2 pkg tofu
1 head bok choy
6 mushrooms
2 shallots
2 radishes
2 minced green onions
sesame oil for garnish

Drain tofu and press block between layers of paper towel for 20 - 30 minutes to remove excess moisture. Cut into cubes (can be frozen in cubes and used later, cubes will dry out slightly and may yellow but will absorb flavours better and work well for frying).

While tofu is draining, add chicken broth to pot on stovetop. Smash lemongrass stalks and roughly slice ginger. Add to broth and allow to simmer for 15 - 20 minutes to release flavours.

Thinly slice radishes, mushrooms and shallots and add to broth. Slice lower white stalks of bok choy, reserving top greens for the end. Add to soup along with tofu cubes. Taste and season accordingly with salt, white pepper and vinegar. Simmer for 10 minutes.

Chop reserved greens of bok choy and stir into soup. Simmer for 2-4 more minutes. Serve hot with green onions and a drizzle of sesame oil if desired for garnish.

Serves 6



Quick Refrigerator Pickles

No need for any special canning equipment, these simple pickles take no time at all to make and are ready to enjoy in about a week but last for ages in the fridge. The colour from the radish skins permeates the brine making these pickles incredibly beautiful.

for the brine:

3 1/2 cups water
1 1/2 cups regular or pickling vinegar
1 heaping Tbsp pickling or course salt

for the pickles:

1 large or 2 small carrots
1/4 head cauliflower
1/2 cucumber
4 - 6 large radishes or 1-2 kohlrabi
2 cloves garlic
fresh dill fronds
1 jalapeno pepper (optional)
1/4 tsp alum (optional)

Combine brine ingredients in a pot and bring to a boil. Wash 2 pasta sauce jars and lids in hot soapy water and drain well.

Slice carrots and cucumbers into disks of similar thickness, approximately 1 cm. Slice radishes or kohlrabi into 1/2 cm slices. Break cauliflower into small florets. Do not pre cook any of the vegetables, the hot broth will soften them very slightly while still keeping their crunch.

Place a peeled clove of garlic into the bottom of each jar. Add a dill frond to each jar, along with 1/2 of a jalapeño pepper. Jalapeño peppers are optional but add a nice amount of heat, especially when the ribs and seeds are exposed. Add the prepared vegetables evenly to each jar. Top with another dill frond and sprinkle 1/8 of a teaspoon of alum over top. Alum helps keep the pickles crunchy.

Pour boiling hot broth into each jar, filling to within 2 cm of the top. Add lids and tighten. Pasta sauce jar lids have a seal inside so they should "pop" as the brine cools, ensuring they are sealed. Refrigerate when cooled.

Makes 2 large jars.



Quinoa Stuffed Peppers or Zucchini

Sweet peppers or zucchini are the perfect shape and size for stuffing. Chorizo sausage adds a ton of flavour and quinoa is loaded with nutritional value but is gluten free.

for the filling:

1 1/2 cups chicken broth
3/4 cup quinoa
1 Tbsp extra virgin olive oil
1/2 onion, chopped
1 stalk celery, diced (or Chinese cabbage)
5-6 mushrooms, chopped
2 cloves garlic, finely minced
8 inch length of chorizo sausage
1 cup chopped tomatoes
4 cups loosely packed greens (see bottom for options)
1 cup shredded sharp cheese
1/2 cup chopped fresh parsley (or green onion)
salt and pepper to taste

for the peppers or zucchini:

4 colourful sweet peppers
OR 4 medium sized zucchinis
3-4 tsp bread crumbs
3-4 tsp parmesan cheese

Cut peppers or zucchini in half lengthwise and scrape out seeds, pith etc. Add a few spoonfuls of water to a baking dish and lay peppers/zucchinis face down. Cover and bake at 350 for 15 minutes. Zucchinis take longer than peppers to pre bake. Microwaving them for about 3 - 4 minutes before baking will ensure they are cooked through.

Meanwhile, bring chicken broth to a boil. Add quinoa, cover and reduce heat to low for 15 minutes or until liquid is absorbed.

Add olive oil to large skillet and sauté onion, celery and mushrooms on medium heat until golden and soft. Cut chorizo lengthwise into quarters, then finely dice. Add to skillet along with garlic. Sauté for 2 -3 minutes until garlic is golden but not browned. Remove skillet from heat.



Quinoa Stuffed Peppers or Zucchini - continued

Chop greens and tomatoes and add to skillet (including seeds, skin, juice). Add cooked quinoa and stir to combine with all stuffing ingredients.

Shred cheese and chop parsley. Add to stuffing mixture. Taste and season with salt and pepper. Depending on the sodium content of the broth you may not need much seasoning.

Turn cooked peppers or zucchinis over to cut side up. Fill generously with stuffing mixture. Sprinkle bread crumbs and parmesan cheese over top.

Bake uncovered at 350 for 40 - 45 minutes until peppers or zucchinis are soft and top is browning.

OPTIONS:

1. Any leafy greens work great in the stuffing mixture. Try chopped spinach, kale or Swiss chard.
2. Instead of celery, use chopped Chinese cabbage.
3. Substitute green onions for parsley or use both.

NOTE - for a meat free version substitute vegetable broth for chicken broth. Omit the chorizo but a lot of flavour is lost. Try adding some smoked paprika and more garlic to the mixture to make up for it. You'll also need more salt and pepper.

Serves 4



Savoury Strawberry Topped Baked Brie

A surprising savoury strawberry compote for topping warm baked brie. Delicious served as an appetizer with rosemary flatbread or herb crackers.

for the Brie:

250 g round Brie cheese

for the topping:

250 g strawberries (about 1 1/2 cups)

1 Tbsp water

1 tsp balsamic vinegar

2-3 sprigs rosemary

1 bay leaf

salt and pepper

Rinse strawberries. Remove stems and any hard core parts. Chop into small pieces.

Simmer all ingredients for topping on stovetop set to very low. Stir frequently while mixture reduces and strawberries soften, about 10-15 minutes.

While strawberry mixture is cooking, preheat oven to 350 degrees. Remove Brie from packaging. Using a sharp paring knife, shave the top rind from the cheese (it's not necessary to completely remove all the rind). Place Brie in oven safe dish, preferably a Brie baking dish.

Spoon warm strawberry mixture over Brie. Bake for 15-20 minutes until cheese is very soft.

Serve warm with crackers.

Serves 6-8 as an appetizer



Shrimp Lettuce Wraps

Seared shrimp with a delicious peanut sauce in Bibb or Romaine lettuce cups. Can be served warm or cold.

for the shrimp:

340 g raw peeled shrimp
2 tsp sesame oil - divided
1 clove minced garlic
2 tsp fresh ginger, minced
juice from 1/2 lime
salt and pepper

for the peanut sauce:

1 Tbsp sesame oil
1 Tbsp peanut butter
2 Tbsp soy sauce
juice from half a lime (1-2 tsp)
2 tsp rice vinegar
2 cloves garlic
1 Tbsp minced ginger
1/2 tsp white sugar
pinch of salt

for the wraps:

1 bibb lettuce (or romaine)
2-3 radishes or 1 spring turnip
1 carrot
1/2 sweet red pepper
1/4 red onion
1 kohlrabi
4 green onions
1/4 cup chopped peanuts
fresh chopped cilantro

Defrost shrimp over night in refrigerator. Rinse and drain well. Pat dry and place in bowl. Add 1 tsp sesame oil, garlic, ginger, lime juice, salt and pepper. Stir to combine and marinate in refrigerator for about one hour. Do not marinate more than 2-3 hours.

Make peanut sauce by combining all ingredients in a blender or mini food processor. Pulse until smooth.



Shrimp Lettuce Wraps - continued

Rinse lettuce and pull off 8 leaves of similar size. Spin dry in a salad spinner or blot dry on paper towel. Shred or julienne carrot. Slice radish/turnip, red onion, green onions, kohlrabi and sweet pepper into very thin strips. Chop peanuts and cilantro.

Heat second teaspoon of sesame oil in a large skillet or wok. Add shrimp, along with marinade when oil is quite hot. Sauté quickly until shrimp are pink, turning once. When shrimp are cooked, which takes a very short time, add 2/3 of the peanut sauce, reserving the rest for drizzling over top. Add radishes/spring turnip, carrot, pepper, red onion, kohlrabi, and most of the green onions. Turn off heat and stir to combine.

Assemble wraps by spooning warm or cold filling into lettuce leaves. Top with green onions, chopped peanuts, cilantro and a drizzle of reserved peanut sauce.

Can't do seafood? Ground turkey is an excellent substitute!

Hate cilantro? Omit it. Love it? Add some stems to the sauce.

Serves 4



Spinach Soufflé

Inspired by Royal Recipes on PBS, these individual soufflés are a favourite of Queen Elizabeth. This recipe is a little more ambitious than others but it's worth the effort.

for the ramekins:

1 Tbsp butter
1/2 cup freshly grated Parmesan cheese

for the soufflé:

2 cups chopped spinach, well packed
1/4 cup butter
1/4 cup flour
1 1/3 cup milk
1/2 tsp salt
pinch of nutmeg
1 cup freshly grated Parmesan cheese
5 eggs, separated
1/4 tsp cream of tartar (optional)

Rub bottoms and sides of 8 ramekins (10 cm diameter). Shred Parmesan and shake inside ramekins until bottoms and sides are coated.

Rinse and chop spinach into small pieces. Steam until completely cooked. Drain on paper towel and squeeze out as much liquid as possible. Preheat oven to 400 degrees with rack in centre position.

Heat butter and flour on stovetop and cook until foaming. Add milk and whisk until thickened and smooth. Season with salt and a pinch of nutmeg. Stir in Parmesan cheese and remove from heat.

While soufflé filling is cooling slightly, carefully separate 5 eggs. Beat room temperature eggs whites with cream of tartar until very stiff. Add yolks to slightly cooled filling mixture and mix well.

Gently fold eggs whites into filling mixture, being careful not to deflate. Fill ramekins to 3/4 full on a baking sheet. Place in oven and turn heat down to 375. Bake for 20 minutes until puffed and golden.

Makes 8 individual soufflés



Tropical Berry Blast

An adult blender cocktail with fresh raspberries and strawberries. The tropical flavours of guava and coconut are perfect for a summer afternoon in Puerto Backyarda. Make a kid friendly version without the rum.

for the cocktail:

170 g fresh raspberries - about 3/4 cup
1 cup chopped fresh strawberries
1 1/2 tray ice cubes
1 cup guava nectar
1/2 cup coconut cream (not coconut milk - available in cans)
1/2 cup coconut rum
1/2 cup spiced rum
fresh strawberries for garnish

Combine all ingredients in a large blender. Blend until very smooth and ice is well chopped.

Serve with a straw and a fresh strawberry for garnish.

Serves 4



Zucchini Rolls with Spinach and Ricotta

Using a wide peeler gives you perfectly thin strips of zucchini that are easier to fill than manicotti or cannelloni. And your kids (of all ages) might not even notice it's not pasta.

for the filling:

454 g container ricotta cheese
1 egg
1 clove garlic, finely minced
1/4 cup freshly grated parmesan cheese
2 large handfuls spinach - about 1 1/2 cups
1/4 cup fresh chopped basil
1/4 cup fresh chopped parsley
salt and pepper

for the dish:

1 -2 small zucchinis
1 1/2 cups pasta sauce of your choice
1/2 cup freshly grated parmesan cheese

Spread 3/4 cup pasta sauce in the bottom of a 9 x 12 baking dish. Combine filling ingredients.

Using a wide peeler, slice very thin strips of zucchini, lengthwise. Peel a few strips until desired width is reached. Spread filling along each strip leaving a little space at the end. Roll up and lay in baking dish seam side down. Continue with each strip and arrange in baking dish evenly.

Top with remaining 3/4 cup pasta sauce and sprinkle with fresh parmesan.

Bake uncovered at 350 degrees for 45 minutes until hot and bubbling. Rest for 10 minutes before serving.

Makes 9 x 12 baking dish



My extravagance is my garden.
It's the first thing I look at every
morning when I wake up. It gives me
so much pleasure.

INA GARTEN