

Meal Plan Menu

Thursday:

Bok choy will give this dish a pleasant crunchiness.

Sesame Noodles with Baby Bok Choy and Roasted Chicken

From *Eating Locally* by Janet Fletcher

One of the most popular vegetables in the Chinese kitchen, bok choy resembles Swiss Chard, with wide white ribs and large, dark green leaves. A petite variety of bok choy with spoon-shaped leaves, marketed as baby bok choy, can be cut in half lengthwise and braised. Its flavor is mild and sweet, like a young Savoy cabbage. In this recipe chopped and braised baby bok choy is tossed with Chinese noodles, peanuts, and chicken to make a dish worthy of an Asian noodle house.

Ingredients:

1 pound baby bok choy
1/3 cup peanut oil
Kosher or sea salt
1 pound fresh Chinese egg noodles or dried udon (Japanese wheat noodles)
2 Tbsp fish sauce
2 tsp Chinese chile oil, or to taste
1 cup thinly sliced green onions (white and green parts)
1 cup coarsely chopped fresh cilantro
½ cup coarsely chopped dry-roasted peanuts
1 Tbsp toasted sesame oil
2 cups hand-shredded roast chicken or duck, with or without skin

Directions:

1. Separate the bok choy leaves, with ribs intact, from the central core. Discard the core. With a paring knife, separate the leaves from their ribs. (You can leave the smallest inner leaves with ribs whole) Tear large leaves in half lengthwise. Cut the ribs crosswise into 1-inch pieces. Pat the leaves and ribs dry.
2. Bring a large pot of salted water to a boil over high heat.
3. Heat the peanut oil in a large skillet over moderate heat. Add the bok choy, season with salt, then stir to coat with the oil. Cover and cook until just tender, about 3 minutes.
4. Meanwhile, add the noodles to the boiling water and cook, stirring occasionally with tongs, until al dente. In a small bowl, stir together the fish sauce and the chile oil.
5. Drain the noodles in a sieve or colander and return them to the hot pot. Add the bok choy, green onion cilantro, peanuts, sesame oil, chicken, and fish sauce-chile oil mixture. Toss well with tongs and serve immediately.

Friday:

I often wonder if I was capable of true happiness prior to my first encounter with a Kohlrabi.

Butter-Braised Kohlrabi

Ingredients:

2 kohlrabi, trimmed but unpeeled and cut into 1" cubes
1/2 cup chicken stock
4 tbsp. unsalted butter, cubed
1 tsp. fresh thyme leaves
Kosher salt and freshly ground black pepper, to taste

Directions:

Put kohlrabi, chicken stock, 2 tbsp. butter, and thyme into a 12-inch skillet over medium-high heat. Season with salt and pepper and cover with a parchment-paper circle cut to fit inside rim of skillet. Cook, stirring occasionally, until kohlrabi is tender, about 15 minutes. Uncover, remove pan from heat, and add the remaining butter, swirling skillet until butter melts. Serve warm.

Saturday:

Bullhorn or Bells will work with this gem.

Sweet Pepper Soup

Ingredients:

2 large garlic cloves, unpeeled
1/4 teaspoon extra-virgin olive oil
3 red bell peppers
1 cup fat-free chicken broth
1 tablespoon reduced-fat sour cream
1 teaspoon 1% milk or water
1 tablespoon minced fresh chives or parsley

Directions:

Preheat oven to 350°F.

Cut off and discard root ends of garlic cloves. On a 10-inch piece of foil, drizzle garlic with oil. Crimp foil to seal and bake in middle of oven until garlic is tender, about 30 minutes. Cool, then peel.

While garlic is baking, lay bell peppers on their sides on racks of gas burners and turn flames on high. (Or put peppers on rack of broiler pan about 2 inches from heat.) Roast peppers, turning with tongs, until skins are blackened, 5 to 8 minutes. Transfer to a bowl and let stand, covered, until cool enough to handle. Peel peppers and discard stems and seeds. Coarsely chop peppers and purée in a blender with roasted garlic and chicken broth.

Transfer purée to a saucepan. Heat over moderate heat, stirring, until warm, then season with salt and pepper.

Stir together sour cream and milk. Drizzle 1 teaspoon sour-cream mixture over each serving of soup and sprinkle with chives.

Sunday:

We've had plenty of dumpling weather lately.

Potato Dumplings

From The Practical Produce Cookbook by Ray and Elsie Hoover

Ingredients:

1 qt. water
1 tsp. salt
5 cups mashed potatoes
1 1/2 cups flour
2 eggs, slightly beaten
1 tsp. baking powder
1 tsp. salt

Directions:

In saucepan, bring water and 1 tsp. salt to a boil. In bowl, combine remaining ingredients; mix until fluffy. Roll into 1-inch balls; drop into gently boiling water. Cook about 7 minutes. Drain; serve warm. Serve with roast beef or gravy.

Monday:

Although the recipe calls for white onions, yellow onions will substitute wonderfully.

Fried Onions

Submitted by CSA Member Hayriye Cetin Karaca from turkishfoodandrecipes.com

Ingredients:

2 medium white onions, sliced in 1/10 inch thick rounds
1/3 cup canola oil
A pinch of salt to taste
A pinch of black pepper (optional)
Fresh parsley to garnish

Directions:

Sprinkle salt over onion slices. Sizzle oil in frying pan and add onion slices. Fry both sides of onions till they become caramelized. Then place them over a paper towel to soak the excess oil.

Then transfer them to a serving plate, sprinkle some black pepper (optional) and garnish with parsley.

Tuesday:

If you're unable to justify a visit to the northern African country of Morocco this week, at least treat your taste buds to this culinary treat!

Moroccan-Style Stuffed Acorn Squash

Recommended by a CSA member, this recipe comes from allrecipes.com

Ingredients:

2 tablespoons brown sugar
1 tablespoon butter, melted
2 large acorn squash, halved and seeded
2 tablespoons olive oil
2 cloves garlic, chopped
2 stalks celery, chopped
2 carrots, chopped
1 cup garbanzo beans, drained
1/2 cup raisins
1 1/2 tablespoons ground cumin
Salt and pepper to taste
1 (14 ounce) can chicken broth
1 cup uncooked couscous

Directions:

Preheat oven to 350 degrees F (175 degrees C).
Arrange squash halves cut side down on a baking sheet. Bake 30 minutes, or until tender.
Dissolve the sugar in the melted butter. Brush squash with the butter mixture, and keep squash warm while preparing the stuffing.
Heat the olive oil in a skillet over medium heat. Stir in the garlic, celery, and carrots, and cook 5 minutes. Mix in the garbanzo beans and raisins. Season with cumin, salt, and pepper, and continue to cook and stir until vegetables are tender.
Pour the chicken broth into the skillet, and mix in the couscous. Cover skillet, and turn off heat. Allow couscous to absorb liquid for 5 minutes. Stuff squash halves with the skillet mixture to serve.

Wednesday:

Leftovers day! Clean out that fridge for new vegetables coming Thursday.