



WEEK OF SEPTEMBER 30TH, 2019 #40/52

Transitions

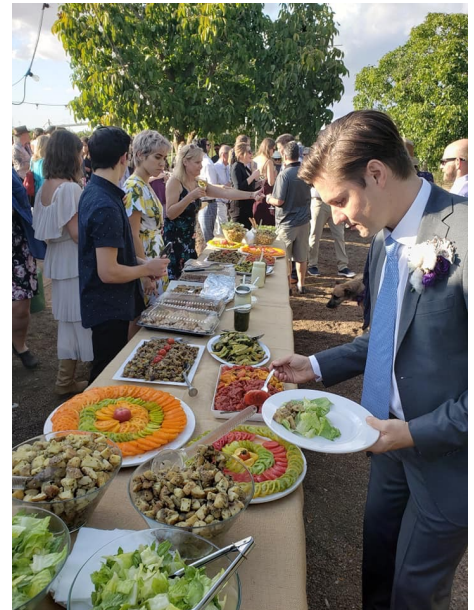
The transition from summer to fall/winter is so much easier than winter to spring/summer. The crops we grow in the summer months just keep giving and giving. They aren't going quite as strong as a month ago, but I couldn't help but smile when I looked at young Sapomiel melons in one field and then in the next a mix of winter squash. Compared to spring we just have so many options as we slide into fall crops. Tomatoes will keep producing until the frost kills them if we left them in the ground. We have picked a few cherry tomatoes and strawberries on Thanksgiving Day! As we look at what is coming soon, we get to enjoy that blend of Sweet Potatoes, a few greens, and fennel alongside tomatoes and summer squash, or peppers, etc. During the spring months we look at the cabbage and greens in our fridges longing for something new and fresh, but the tomatoes and squash will still be a bit of wait. I think this is one of the main reasons autumn is my favorite season. Even the weather is amazing, the nights are crisp and refreshing, the days are warm, sometimes hot. And of course we get some of the best the farm has to offer. So enjoy this transition time and the delicious mix of food it brings us.



An Eatwell Wedding

If you read last week's newsletter you know that my son Cameron and his, now wife, got married this past Saturday. You would also know that I volunteered to cook the wedding meal, plus the rehearsal dinner. One of the wedding feast center pieces were platters of sliced heirloom tomatoes. What a gorgeous sight, and I swear I could have put little else out and people would have been thrilled. It isn't too often we get platter after platter of these gorgeous fruits laid out for us to enjoy. We roasted summer squash and made potato salad simply dressed with basil, garlic, olive oil and salt. There were platters of caponata, an eggplant dish with capers and green olives, pickled cherry tomatoes, roasted Lunchbox Peppers and San Marzanos. If you haven't put up a few jars of pickled cherry tomatoes, I strongly urge you to do so, they are delicious! They are really so easy, Martha Stewart has a great recipe, which is what I used. Here is a link to the recipe if you want to try it: <https://www.marthastewart.com/1128026/pickled-cherry-tomatoes>. She does recommend using very small Cherry Tomatoes, but I used our bigger saladettes, and they were fantastic. I think it would be so nice to have jars of these for later in the winters when all we get to eat are things that are green!

Anyway, back to the wedding. My house, specifically my kitchen, is an amazing place to work. The way Nigel and I set it up it flows when you have 6 or 7 people cooking. And speaking of those people, I cannot express how grateful I am for Elianna who flew up from LA to co-chef with me. She and I have such fun and it is almost as if we share one mind, because we always know what the other is thinking and what needs to be done



next. My step-daughter Ellie and her friend Enya were here from England and my "adopted" daughter Kalina was here from New York and they all helped out in the kitchen. Wow, how hard you all worked! And yet we still had so much fun together. I couldn't have asked for a better kitchen crew and can't thank you all enough.

RECIPES AND IDEAS FROM LORRAINE

Last week I posted on FB and IG about the “pre-pesto” I was making for the wedding. This was such a great kitchen hack, I need to share it with you. Process your basil leaves in the food processor with a bit of garlic and enough olive oil to turn it into a paste. Add some lemon zest and juice and a pinch of red pepper flakes and a bit of salt. Put this into jars and cover with olive oil to keep in the fridge for a few weeks OR you can jar it and freeze for later in the winter. With this you can make pesto, or just enjoy a bit of basil in a soup or whatever. I made about 1 1/2 gallons of this for the wedding and turned some into a full pesto for pasta, some went right on to the boiled potatoes just as it was, and what was left we turned into a kind of Chimichurri sauce.

Crispy Cream-Braised Potatoes and Fennel

Recipe found on Food52 by Emily

Sept 28, 2011

About 1.5 lb Potatoes – peeled and cut into irregular 1.5" to 2" chunks

2 Fennel Bulbs (about 1.5

pounds) – trimmed (with tough or bruised outer layers removed), then cut lengthwise

into wedges about 1.5" wide (leaving core intact)

About 2 to 3 cups of Half-and-Half or Cream, or enough to cover the vegetables

1 Bay Leaf

1/4 tsp Fennel Seed

Kosher salt + freshly ground Black Pepper

3 or 4 large springs of Thyme, leaves removed and finely chopped

1 large leafy sprig of Rosemary, leaves removed and finely chopped

heaping 1/4 cup finely grated Pecorino Romano (or Parmesan reggiano)

Zest from 1 small Orange, finely grated

Olive Oil

In a 3 to 4 quart pan, combine potatoes, fennel wedges, bay leaf, and fennel seed. Add enough half-and-half to fully cover the potatoes and fennel. Season generously with kosher salt and freshly ground black pepper. Over medium-high heat, bring the half-and-half to a simmer, then lower heat to just maintain the simmer. Cook until the potatoes and fennel are soft and tender, about 20 minutes. Take off the heat. The potatoes and fennel should be fully cooked at this point. While potatoes and fennel are braising, preheat broiler to medium-high. In a small bowl, combine rosemary, thyme, pecorino, and orange zest. Remove potatoes and fennel wedges from the half-and-half with a spider or slotted spoon, and transfer them to a gratin or casserole dish. Some of the half-and-half will cling to the vegetables, which is a good thing. Make sure to generously coat the bottom with olive oil to prevent sticking. Taste the potatoes and fennel for seasoning – if you need more salt or pepper, add them now. Toss with olive oil

(about 1 tablespoon), then the herb-cheese-orange zest mixture. Arrange the potatoes and fennel wedges in a single layer to promote even browning. Place the casserole dish under the broiler (about 6 inches away from the source of heat). Broil for about 3 to 5 minutes, or until the potatoes and fennel are caramelized and crispy around the edges. (I typically brown the vegetables more than the ones in the picture above...just leave them under the broiler until they've reached your desired crispness!

This Week's Box List

*Basil
Chard
*Eggplant
*Fennel
*Onion
*Plums
*Potatoes
Sweet Potatoes
Shallot
Radish
Cherry Tomatoes
*Heirloom Tomatoes

* = Items in Box for 2

Stir-fried Eggplant and Tofu

Recipe by Jiranooch Shapiro

found on myrecipes.com

3 TB Oil good for high-temp cooking

1 package (18 oz.) Firm Tofu, drained, cut into 1 1/2- by 2-in. chunks

2 Garlic cloves, minced

1 lb Eggplant, cut into 1- by 3-in. strips

1 small Red or Green Bell Pepper, cut into 1-in. pieces

1/3 cup Soy Sauce

2 TB Sugar

2 TB Oyster Sauce

1/4 cup fresh Basil leaves

Heat oil in a large nonstick frying pan over high heat, add tofu, and gently cook, turning tofu occasionally, until browned slightly, about 5 minutes. Use a slotted spoon to transfer tofu to a plate. Cook garlic, eggplant, and bell pepper in pan until softened, stirring occasionally, 8 to 10 minutes. Add soy sauce, sugar, and oyster sauce and cook until heated through, another 2 minutes. Return tofu to pan and gently stir to coat. Remove from heat and stir in basil leaves. Serve over rice.

Black Plum Compote with Vanilla and Honey

Recipe by Sarah Coates for The Sugar Hit

6 black Plums

1/4 cup of Honey

1 Vanilla bean

Yoghurt, to serve

Preheat the oven to 400 F. Wash and halve the plums, removing the stones if they are loose, and place into an oven proof dish. If the stones are not loose, it's easiest to leave them in and remove them after cooking. Place the honey into a small bowl, and then split the vanilla bean in half and scrape out the seeds into the honey.

Mix well, and then pour the vanilla-honey over the plums along with the scraped out bean. Place into the oven and roast for 20 minutes, take the plums out and give everything a baste with the pan juices, then turn the oven down to 375 F and roast for a further 10 minutes. Leave to cool, and serve with yoghurt.