

- Gala [Apples](#)
 Orange [Cauliflower](#)
 Purple [Cauliflower](#)
 Dry farmed Early Girls [Tomatoes](#)
[Potatoes](#)
[Sweet Peppers](#)
 Cayenne [Peppers](#)
[Turnip Greens](#)
[Cilantro](#)
[Basil](#)
[Celery](#)

Disclaimer to the above vegetable list: The list above is approximate. There may be differences in your box. We ask for patience and a sense of adventure with these boxes. Thank you!

Storage: Apples: Store in the bag they come in. Coldest drawer is ok, in fact preferred. Good keepers. **Broccoli Romanesco & Cauliflower:** Store in a plastic bag in the fridge. Coldest drawer ok. **Tomatoes:** Store at room temperature on the counter, left open. Check your basket for split tomatoes and eat or use them right away as they attract flies. Do not refrigerate your tomatoes! They turn mushy. **Potatoes:** Store in a plastic bag in the fridge. No coldest drawer. **Spicy & Sweet Peppers:** Store in a plastic bag in the fridge. No coldest drawer. **Cilantro:** Remove any twisty ties/rubber bands; cull out any yellow or rotten stems/leaves, give a good drink, shake, then store loosely in a plastic bag in the fridge. No coldest drawer. **Basil:** I buck tradition and store my basil in the fridge. I remove the twisty tie and give the basil a good drink. Again, it's hot this week, so refresh your basil right away! Store in a loose plastic bag in a warmer part of the fridge (ie, not near the vent where the cold air gets pumped into the fridge). **Celery:** Give the celery a good drink and store in a plastic bag in the fridge. Coldest drawer is usually ok for celery.



Purple Cauliflower
(Photo by
Andy Griffin)



Sweet Peppers
(Photo by
Shelley Kadota)

Julia's Cauliflower Salad

This was inspired by a thought of a pasta salad or a couscous salad: but I didn't want to wait to cook the grain. So I used cauliflower (or romanesco) as the main ingredient.

- Cooked cauliflower florets cooled after cooking, chopped into olive sized pieces, give or take on the size
- Sliced kalamata olives, or other favorite sliced olives
- Small amount of chopped capers (1 tablespoon per 4 cups florets as a rough guide)
- Chopped onion: Green onions, red onions, shallots, whatever you've got. If the onions are strong when chopped raw, use less and chop them fine.
- S & P to taste
- Lemon juice, freshly squeezed
- Olive oil: I use a light hand
- Fresh herb: I use basil, parsley, CILANTRO, or whatever I've got. Chopped

Mix and enjoy! I topped my salad with toasted sunflower seeds, another nut might also be delicious. And or a shredded or crumbled flavorful cheese such as gorgonzola, shaved parmesan...

~~~~~

### A few recipes from Chef Jonathan Miller:

#### Salad of the Week: Rice and Apples

Rice salads are underrated and almost always kid friendly. Make sure you cut your dry apricots with scissors. Knives slip easily on dried fruit.

- olive oil
- 2 T butter
- 1 onion, chopped
- 2 garlic cloves, chopped
- ¼ t cinnamon
- 2 1/4 c brown rice
- 2 scallions, sliced
- 3/4 c almonds, chopped
- 6 dry apricots, cut into small pieces
- 1-2 apples, diced
- cilantro

Heat some oil and the butter in a skillet. Add the onion and garlic and cook until softened, about 8 minutes. Add the cinnamon and the rice and stir for a bit. Add about 4 cups of water, some salt, and bring to a boil. Reduce heat to extremely low, cover, and steam until the rice is cooked, about 45 minutes.

While the rice steams, sauté the scallions, almonds, apricots, and apples in a small saucepan in some more butter or oil until softened and lightly colored, about 3 minutes. Fold into the finished rice, taste for seasoning, and serve with a little cilantro as garnish.

## Vindaloo with Pork

I'm submitting a couple different curries this week where we can use cayenne peppers and cilantro. Both of these recipes are fine without the cayenne, too, so they are useful to have around longer than just this week. Vindaloo is a Portuguese/Indian style curry that is distinguished by its use of vinegar. Here's a simple version that is great with pork.

2 garlic cloves, minced  
1 inch ginger, peeled and chopped  
2 cayenne peppers, chopped (seeded first if you want to reduce the heat) + 2 T additional sliced cayenne peppers for garnish  
½ c red wine vinegar  
1 T cumin seed, ground  
1 T paprika  
½ t black pepper, ground  
2 lb pork shoulder/butt, cut into bite sized chunks  
1 cardamom pod (green)  
1 clove  
1 cinnamon stick  
2 onions, chopped  
1 T sugar  
½ c cilantro, chopped  
1 very small jicama, peeled and cut into small dice

Put the garlic, ginger, 2 cayenne peppers, vinegar, cumin, paprika, and pepper in a blender and blend to a smooth paste. Toss with the pork pieces and marinate at least an hour, and up to 6 hours, in the fridge.

In large pot heat some grapeseed oil and add the cardamom, clove, and cinnamon. Heat just until fragrant, maybe half a minute or so. Add the onions and cook until soft, but not brown, about 7 minutes. Add the pork and the marinade and bring to a simmer. Cover and cook over very low heat until the pork is super tender, at least 90 minutes. Stir occasionally, and add the sugar and a little salt after the first 45 minutes of cooking is completed. Keep checking to make sure it doesn't dry out. If it starts to get too dry and sticky, add a little water.

When the pork is tender taste the dish for salt, adjust seasoning if necessary, and serve with the cilantro, sliced cayenne peppers, and jicama sprinkled on top. Don't forget to warn your eaters about the cardamom pod and the clove. You probably don't want to eat those! Serve warm by itself or with some rice on the side.

~~~~~

Cilantro Salad ([Bon Appetit](#))

¼ cup olive oil
2 tablespoons fresh lime juice
1 tablespoon grated peeled fresh ginger
3 heads lettuce hearts, chopped
½ cup chopped fresh cilantro

Whisk first 3 ingredients in small bowl to blend. Season dressing to taste with salt and pepper. Combine mixed greens and cilantro in large bowl. Toss salad with enough dressing to coat. Season to taste with salt and pepper.

Red Curry and Duck

I first had red curry when I was in college. My girlfriend at the time made me eat it with duck and I've loved the combination ever since. I make lots of versions of red curry, but I use a lot of store bought red curry paste, too. It's one of the better prepared products in terms of flavor, and is a huge time saver. You can make this version with duck breasts in addition to, or instead of the legs, but I like the legs better, and they are usually cheaper if you aren't buying the whole bird. I call for shrimp paste here, and some of you may find it off-putting. If that's you, leave it out, but it really does add a nice oceany-briny-salty taste. Also, I finish the dish with a little pineapple puree for sweetness. Use as much or as little as you like depending on your taste. It's an unusual addition to a red curry.

4-6 duck legs, or around 3 pounds
6 inch piece ginger, peeled and chopped
4 shallots, sliced thinly
1 carrot, chopped
2 lemongrass stalks, halved and smashed
6 garlic cloves, peeled and smashed
1 T red curry paste
4-6 kaffir lime leaves
1 Thai chile, minced
1 quart chicken stock
2 c coconut milk
1 T shrimp paste (optional)
½-1 c pineapple, chopped
1 cayenne pepper, sliced thinly
½ c cilantro, chopped

Heat a heavy saucepan, add a little oil, and then brown your duck legs thoroughly, turning as necessary to cook them to a deep brown and render the fat from the skin. Season with salt and pepper while you are browning them. Do this in batches if necessary and remove the legs to a plate. Drain off all but up to 2 T rendered duck fat. Keep the heat on and keep the fat hot (this will help keep the ginger from sticking when you add it next). Add the ginger, shallots, carrot, lemongrass, garlic, and cook until golden, about a minute or two. Quickly add the curry paste, lime leaves, Thai chile and the chicken stock. Stir well and bring to a simmer. Add the coconut milk, stir again, and bring back to a boil. Add the duck and juices on the plate and bring back to a simmer. Cook the duck, uncovered, at a good simmer until the meat is very tender, 45-60 minutes. While the curry cooks puree the pineapple in a blender. Add the shrimp paste to the curry in the pot, stir well, and taste. Adjust seasoning if necessary, adding salt, pepper, or a tad more curry paste if necessary. Begin adding the pineapple puree in two tablespoon increments, keeping the curry warm but not simmering anymore. Taste frequently and stop adding pineapple when you like the way the broth tastes. Serve in bowls with or without rice, garnishing with the sliced cayenne and the cilantro.

More recipes at <http://mariquita.com/recipes/index.html>