



Winter CSA 'Mystery' Box

Menlo Park
1-5-11

[Savoy cabbage x 1 head](#)
[Orange or Green Cauliflower](#)
[Scallions x 1 bunch](#)
[Fresh Onions 'green tailed'](#)
[Red beets bunched](#)
[Potatoes, red or yellow x 2lbs](#)
[Sorrel 1 bunch](#)
[Red Chard](#)
[Rapini \(sometimes called Raab\)](#)
[Treviso and Castelfranco radicchio](#)
[Escarole](#)
[Parsnips](#)

Disclaimer to the above vegetable list: The list above is approximate. There may be 1 differences in your box. Thank you!

Fridge Management *Everything* into the fridge. Top the beets, and eat the greens today or tomorrow. The beet greens can be cooked up with the rapini or chard. To eat first: I would eat the beet greens, rapini and chard first; The escarole, cabbage and radicchios are hearty and 'hang out' a bit longer than more tender greens. If space is still at a premium top the onions and toss their greens or make a stock with them. The cauliflower will of course keep for several days but the sooner you cook and eat it, the sweeter/less cabbage-y it is. Truly fresh cauliflower is a treat!

RADICCHIO: This is a chicory that is great as a component in a green salad with escarole or lettuce. It can also be cooked down with garlic and herbs and tossed with pasta. Another simple preparation = separating the leaves, putting a thin slice of gruyere or similar cheese, or some grated parmesan, then broiling them: a great snack or appetizer.

SORREL: **Lore and Legend of Sorrel** from *The Good Herb* by J. Benn Hurley
Some Irish historians say that sorrel, not clover, may have been the original shamrock, and that it may have been the arrow-shaped, three-cornered sorrel leaf that St. Patrick used as a model for the trinity. Early Egyptians and Romans nibbled on fresh sorrel leaves after overeating, both for their soothing effect on the digestive system and for their diuretic properties. In North America, 200 years ago, sorrel was eaten as "lemonade in a leaf." It's a good source of vitamin C, and used to be taken to prevent scurvy.

[Recipes A-Z on our website](#)



Castelfranco Radicchio

Recipes from [Chef Jonathan Miller](#):

Sorrel is highly underrated. A delicious, tart green. It's also a great keeper in the fridge. Make sure you stem your sorrel and wash it thoroughly. It almost always comes with grit and slugs. Use any small leaves whole.

Beet Salad with Sorrel with Pistachio Dressing

2 bunches beets
1/4 c pistachios + xtra fr garnish, roasted & unsalted
3-4 T olive oil
2 T balsamic vinegar
1 bunch sorrel
2 cups croutons

Roast your beets to your liking. (I roast mine at 375, covered, in a baking dish with 1/4 c water.) Peel and slice into wedges.

Blend the pistachios in a blender with 3/4 c water and blend until very smooth. Strain and season with salt and pepper. Whisk this with the olive oil and balsamic vinegar. Check for seasoning and toss a few of the tablespoons with the beets.

Stem the sorrel and julienne the leaves. Put the julienned leaves on the bottom of a plate, top with the beets, then the croutons, then drizzle with some remaining dressing. Finish with some extra pistachios and some more pepper.

Braised Savoy Cabbage

This is a fantastic technique for braising any cabbage. It's quick, very satisfying, and versatile. It's great by itself, but I love it with sliced hard cooked egg on top. You could also try including some of your sorrel in this, or your potatoes, or try topping with roasted chicken. The next morning, have it for breakfast with a runny fried egg. Yummy!

1 head savoy cabbage, chopped or sliced thinly
1 onion, halved and sliced thinly
4 oz butter
parsley

Put the cabbage in a large colander in the sink (or just in a clean sink). Toss with about 2 tablespoons of kosher salt and allow to sit for at least 10 minutes.

Sauté the onion in the butter very slowly over low heat until the onions have softened and turned translucent, about 8-10 minutes.

Bring 2 cups of water to a boil and pour it over the cabbage in the sink to remove most of the salt. Taste a leaf to make sure it isn't too salty. Put the cabbage into the saucepan with the onions, stir, cover, and braise over very low heat until soft and tender, about 15 minutes. Finish with some chopped parsley.

Parsnip Chowder

One of my wife's favorite chowders. She loves tons of parsley on top. I like just a little. Make sure you don't boil your chowder once the milk and cream are added. A great cold weather meal with a hunk of black bread. I never peel my parsnips for this, but if you are serving this for guests, you might go that route. If so, try to peel the parsnip and keep the peelings long. Then fry them in hot oil until crispy. Sprinkle with salt and you have some delicious sweet parsnip chips. Great on the side, or as a garnish.

2-4 parsnips, depending on size, chopped
1/4 lb bacon, diced
1 onion, diced
1 1/2 lb potatoes, cut into bite sized chunks
4 c milk
2 T butter
1 c cream
parsley

Sauté the bacon in a large saucepan until crisp. Remove the bacon, but leave at least 2 T of the fat. Add the onions and sauté until lightly browned, about 8 minutes. Bring 2 cups of water to boil. Add the parsnips and the potatoes to the saucepan with the onions, then add the water. Cover and cook until tender, about 30 minutes. Add the milk and heat through - do not boil. Finish with the butter and cream, then garnish with the parsley and cooked bacon.

A couple of radicchio recipes 'curated' by Julia:

Shari C.'s ideas:

-Radicchio is fantastic in risotto - I usually use red wine with the radicchio and lots of parmesan cheese.
-It's also great in a tricolor salad - radicchio, escarole, and arugula with shaved parmesan cheese and a lemon vinaigrette.
-I love it roasted and drizzled with good balsamic

Baked Radicchio from *Lidia's Italy* Lidia B.

1½ pounds radicchio, 2 or 3 firm heads
4 tablespoons butter
4 tablespoons extra virgin olive oil
1 medium-large onion, peeled and sliced in ¼-inch-thick half-moons (2 cups)
3 large garlic cloves, smashed and peeled
1 teaspoon coarse sea salt or kosher salt, or to taste
1 tablespoon red wine vinegar
Freshly ground black pepper to taste
1 cup freshly grated Parmigiano-Reggiano

Trim the radicchio heads, discarding wilted or bruised outer leaves and slicing off the very bottom if tough and discolored (don't remove the core). Slice the heads in quarters or sixths, into wedges about 3 inches wide. Cut through the core, so the leaves are held together. Arrange a rack in the center of the oven, and heat to 375°F.

Put the butter and 2 tablespoons of the olive oil in the skillet, and set over moderate heat. When the butter is melted and foaming, stir in the onion and garlic and cook for a minute, then lay in all the radicchio wedges in one layer. Sprinkle on the salt, cover the pan, and cook slowly, turning the wedges over and stirring the onion every couple of minutes.

After 10 minutes or so, when the radicchio is softened slightly but still firmly holding its shape, stir the vinegar with ½ cup water and pour into the pan. Raise the heat a bit and bring the liquid to the boil, turning the wedges and stirring. Cook for a couple more minutes, until the pan juices are reduced and syrupy and the wedges are lightly caramelized.

Remove the skillet from the heat, and arrange the radicchio wedges in the baking dish in one layer. Spoon the onion all around, and pour the skillet liquid over. Drizzle on the remaining 2 tablespoons olive oil, season with freshly ground black pepper, and sprinkle the grated cheese in an even layer, covering the radicchio.

Tent the dish with aluminum foil, pressing it against the sides. Bake covered for about 20 minutes, remove the foil, and bake another 5 minutes or more, until the radicchio wedges are tender and moist and glazed golden on top.