

Crème de la Crop

What do I get?

Quantity represents ½ membership, Subject to change

Epicureans: 8 Good Sized Slicing Tomatoes Or Equal, Bag Of Paste Tomatoes, Bag Of Cherry Tomatoes, 5 Long Narrow Cayenne Pepper, Tomatillos, Fennel, Bag Of Lime & Purple Basil, You Choose 3 Of The Following (4 Sweet Peppers, Green Snap Beans, Broccoli/Cauliflower, 4 potatoes, 1 of our melons, baby Bok Choy, Kale, Lima Beans, Purple Hull Peas, 4 cucumbers, 4 summer squash)

Standard: 8 Good Sized Slicing Tomatoes Or Equal, Bag Of Paste Tomatoes, Bag Of Cherry Tomatoes, 5 Long Narrow Cayenne Pepper, Bag Of Basil, You Choose 3 Of The Following (4 Sweet Peppers, Green Snap Beans, Broccoli/Cauliflower, 4 potatoes, 1 of our melons, baby Bok Choy, Kale, Lima Beans, Purple Hull Peas, 4 cucumbers, 4 summer squash)

Fennel, Tomato, and Feta Salad

Gourmet | April 2002

yield: Makes 6 servings

active time: 15 minute

total time: 15 minute

2 medium fennel bulbs (sometimes called anise)
4 plum tomatoes (1/2 pound total), seeded and thinly sliced lengthwise
2 teaspoons drained bottled capers
1/3 cup crumbled feta (1 1/2 ounce)
1/2 teaspoon finely grated fresh lemon zest
1 to 1 1/2 tablespoons fresh lemon juice (to taste)
1 tablespoon extra-virgin olive oil
1/2 teaspoon salt
1/4 teaspoon black pepper

Special equipment: a mandoline or other adjustable-blade slicer

Trim fennel stalks flush with bulb and discard stalks. Quarter bulbs lengthwise, then cut lengthwise into paper-thin slices with mandoline.

Toss fennel with remaining ingredients in a large bowl.

Braised Fish with Fennel, Tomatoes and Olives

Bon Appétit | April 1995

yield: Serves 4

1 cup chopped fennel or celery
1 cup chopped tomatoes
1/2 cup water or bottled clam juice
1 bay leaf
1/2 teaspoon fennel seeds, crushed in mortar with pestle
4 5-to 6- ounce orange roughy, turbot or cod fillets

1 tablespoon fresh lemon juice
1 tablespoon olive oil
3 tablespoons sliced fresh basil

2 tablespoons chopped brine-cured black olives (such as Kalamata)

Preheat oven to 450°F. Combine first 5 ingredients in metal baking pan. Season fish with salt and pepper; place atop vegetables. Cover with foil. Bake until fish is just cooked through, about 15 minutes.

Using spatula, transfer fish to plate; cover with foil and keep warm. Place baking pan with vegetables atop stovetop burner; bring to boil. Boil until liquid is reduced by half, about 5 minutes. Mix in lemon juice, oil and 1 tablespoon basil. Season with salt and pepper.

Place one fish fillet on each of 4 plates. Top with vegetable mixture, dividing equally. Sprinkle with remaining 2 tablespoons basil and olives.

Lima Bean Risotto

Bon Appétit April 1991

yield: Serves 6

3 tablespoons butter
1 small onion, chopped
2 fresh rosemary sprigs or 1 1/2 teaspoons dried crumbled

3 14 1/2-ounce cans chicken broth
1 1/2 cups (about) water

2 1/4 cups Arborio rice
3/4 cup dry white wine
1 1/2 10-ounce packages frozen baby lima beans, thawed
1 1/4 cups freshly grated Parmesan cheese

Melt butter in heavy medium saucepan over medium heat. Add onion and rosemary and cook until onion is translucent, stirring occasionally, about 8 minutes.

Meanwhile, bring chicken broth and 1 1/2 cups water to simmer in medium saucepan. Reduce heat to very low and keep mixture hot.

Add rice to onion mixture and stir 2 minutes. Add wine and stir until all liquid is absorbed. Add lima beans and 3/4 cup broth mixture; reduce heat and simmer until liquid is absorbed, stirring frequently. Continue adding enough of remaining broth mixture 1/2 cup at a time until rice is just tender but still firm to bite, stirring frequently and allowing each addition to be absorbed before adding next, about 20 minutes. Remove risotto from heat. Mix in grated Parmesan. Season risotto to taste with salt and pepper and serve.

Wagon-Wheel Pasta & Goat Cheese

Cookie August 2008 by Victoria Granoff



photo by: Marcus Nilsson

- 1/2 pound wagon-wheel (or any short) pasta
 - 1 10-ounce box frozen lima beans
 - 1 tablespoon olive oil
 - 1 large onion, sliced thinly
 - 2 tablespoons crème fraîche (or sour cream)
 - 1 tablespoon finely chopped fresh thyme (optional)
 - 1/2 teaspoon kosher salt
 - 1/4 teaspoon freshly ground black pepper
 - 4 ounces creamy aged goat cheese, cut into small chunks
1. Bring a large pot of salted water to a boil, then add the pasta.
 2. After 5 minutes, add the lima beans.
 3. Meanwhile, heat the olive oil in a skillet over medium heat. Add the onion and cook until browned, about 7 minutes.
 4. When the pasta is ready, drain it with the beans (reserving 1/2 cup of the liquid), then return the pasta and beans to the pot along with the onion, crème fraîche, thyme (if using), salt, pepper, goat cheese, and the reserved water. Toss together and serve.

Lima Bean Gazpacho

Gourmet August 2002
Adapted from El Churrasco, Córdoba, Spain

yield: Makes 8 servings
active time: 30 minutes
total time: 3 1/2 hours

Gazpacho de Habas

This gazpacho has a haunting flavor — barely identifiable as lima beans — and is also excellent when you substitute pine nuts for the limas, as the chef at El Churrasco, in Córdoba, often does. The addition of an egg — not at all unusual in white gazpachos — gives this soup a creamier, richer taste. It is best served in small portions.

- 2 cups shelled fresh lima beans or 1 (10-oz) package frozen baby lima beans
- 1 (4-inch-long) piece baguette, crust discarded
- 2 garlic cloves
- 1 teaspoon salt
- 1 large egg
- 2 tablespoons plus 2 teaspoons Sherry vinegar (preferably "reserva"), or to taste
- 1 cup mild extra-virgin olive oil (preferably Andalusian *hojiblanca*)
- 1 1/3 cups ice water

Garnish: 24 (1-inch) balls honeydew melon, 24 peeled green grapes, or 1 cup diced Granny Smith apple

Cover lima beans with water by 1 inch in a saucepan and bring just to a boil (if using fresh limas, boil 5 minutes). Reserve 2/3 cup cooking water, then drain in a sieve and rinse under cold water to stop cooking.

Soak bread in 1/2 cup water 1 minute, then squeeze bread dry, discarding soaking water.

Mash garlic to a paste with salt using a mortar and pestle (or mince and mash with a large knife). Blend garlic paste, bread, and lima beans in a food processor until beans are very finely chopped. Blend in egg and 2 tablespoons plus 2 teaspoons vinegar, then add oil in a slow stream with motor running, blending until thick and smooth. Gradually add reserved cooking water and ice water with motor still running, blending until as smooth as possible, about 1 minute.

Force gazpacho through sieve into a bowl, pressing firmly on solids. Discard solids.

Transfer to a glass container and chill, covered, until cold, about 3 hours. Season with salt and vinegar before serving.

Succotash of Fresh Corn, Lima Beans, Tomatoes and Onions

Bon Appétit October 2008
by Amelia Saltsman



photo by: Nigel Cox

yield: Makes 6 servings

In this side dish, the veggies are cooked until just tender to retain their fresh-from-the-market flavor. For a delicious finishing touch, a handful of sliced basil is stirred in right before serving.

- 2 tablespoons extra-virgin olive oil
- 1 1/2 cups chopped onion
- Coarse kosher salt
- 1 large garlic clove, minced
- 3 cups chopped red tomatoes (about 1 1/2 pounds)
- 2 1/4 cups corn kernels cut from 4 ears of corn (preferably 2 ears of white corn and 2 ears of yellow corn)
- 2 cups fresh lima beans (from about 2 pounds pods) or 10 to 11 ounces frozen lima beans or baby butter beans, thawed
- 3 tablespoons thinly sliced fresh basil

Heat oil in heavy large skillet over medium heat. Add onion and sprinkle with coarse salt. Sauté until soft and translucent, about 5 minutes. Add garlic; stir until fragrant, about 1 minute. Add tomatoes, corn, and lima beans. Reduce heat to medium-low, cover, and simmer until corn and lima beans are tender and tomatoes are soft, about 20 minutes, stirring occasionally. Season to taste with salt and pepper.

DO AHEAD: Can be made 1 day ahead. Cover and chill. Rewarm before continuing.

