

## Crème de la Crop

### What do I get?

Quantity represents ½ membership

Epicureans: 8 Good Sized Slicing Tomatoes Or Equal, Bag Of Paste Tomatoes, Bag Of Cherry Tomatoes, Swiss Chard, 3 Long Narrow Cayenne Pepper, Squash Blossoms, Tomatillos, Fennel Fronds, Bag Of Genovese Basil, 4 cucumbers or 4 summer squash, You Choose 1 Of The Following (2 Sweet Peppers, , Green Snap Beans, Broccoli/Cauliflower, 4 potatoes or 1 of our melons)

Standard: 8 Good Sized Slicing Tomatoes Or Equal, Bag Of Paste Tomatoes, Bag Of Cherry Tomatoes, Swiss Chard, 3 Long Narrow Cayenne Pepper, Bag Of Genovese Basil, 4 cucumbers or 4 summer squash, You Choose 1 Of The Following (2 Sweet Peppers, , Green Snap Beans, Broccoli/Cauliflower, 4 potatoes or 1 of our melons)

### Chicken and Swiss Chard Enchilada Casserole

Adapted from Gourmet December 1990

yield: Serves 6

1 pound Swiss chard, rinsed well and drained  
2 garlic cloves, or to taste, minced  
1 tablespoon olive oil  
1 large whole chicken breast (about 1 1/2 pounds), cooked, boned, and shredded (about 1 1/4 cups meat)  
vegetable oil for frying the tortillas  
twelve 7-inch corn tortillas, dried at room temperature for 30 minutes, or until they are leathery and curled but not crisp  
2 1/2 cups Mexican-style tomato sauce or Salsa  
1/2 cup chicken broth  
1 1/2 cups grated Monterey Jack (about 6 ounces)  
1/2 cup freshly grated Parmesan

Cut the stems from the Swiss chard leaves and chop them and the leaves separately. In a large skillet cook the garlic in the oil over moderate heat, stirring, until it is fragrant, stir in the Swiss chard stems and 1/4 cup water, and cook the mixture, covered, for 5 minutes. Add the leaves and cook the mixture, covered, stirring occasionally, for 3 to 5 minutes, or until the leaves are tender. Drain the Swiss chard mixture in a bowl toss it with the shredded chicken and salt and pepper to taste.

In a skillet heat 1/4 inch of the oil over moderately high heat until it is hot but not smoking, in it fry the tortillas, 1 at a time, turning them, 3 to 4 seconds, or until they are softened, and transfer them with tongs as they are fried to paper towels to drain. In a bowl thin the tomato sauce with the broth, spoon about 1/3 cup of it into the bottom of a greased 13- by 9-inch baking dish, and arrange 4 of the tortillas in one layer over it. Spread the tortillas with half the chicken mixture and half the Monterey Jack, spoon about 1/2 cup of the remaining sauce over the mixture, and cover it with 4 of the remaining tortillas in one layer. Spread the tortillas with the remaining chicken mixture and the remaining Monterey Jack, top the mixture with 1/2 cup of the remaining sauce, and cover it with the remaining 4 tortillas. Pour the remaining sauce evenly over the tortillas and sprinkle it with the Parmesan. Bake the enchiladas, covered with foil, in the middle of a preheated 350°F. oven for 15 minutes, remove the foil, bake the enchiladas, uncovered, for 5 to 10 minutes more, or until the cheese is bubbling.

### Quote of the Week:

We find no real satisfaction or happiness in life without obstacles to conquer and goals to achieve.

Maxwell Maltz, *Communication Bulletin for Managers & Supervisors*, June 2004

### Classic Andalusian Gazpacho

Gourmet August 2002

Adapted from El Faro, Cádiz, Spain



photo by: Rita Maas.

1 (2-inch-long) piece baguette, crust discarded  
2 garlic cloves  
2 teaspoons salt  
2 tablespoons Sherry vinegar (preferably "reserva"), or to taste  
1 teaspoon sugar  
1/2 teaspoon ground cumin (optional)  
2 1/2 lb ripe tomatoes, cored and quartered  
1/2 cup mild extra-virgin olive oil (preferably Andalusian *hojiblanca*)  
Garnish: finely chopped red and green bell peppers

Soak bread in 1/2 cup water 1 minute, then squeeze 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, 2 tablespoons vinegar, sugar, cumin, and half of tomatoes in a food processor until tomatoes are very finely chopped. Add remaining tomatoes with motor running and, when very finely chopped, gradually add oil in a slow stream, blending until as smooth as possible, about 1 minute.

Force soup through a 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.

Cooks' note: Gazpacho can be chilled up to 2 days.

## Essential Chopped Tomato-Serrano Salsa (Salsa Mexicana Classica)

Epicurious October 1996

by Rick Bayless

Rick Bayless's Mexican Kitchen

**yield:** Makes 2 cups

12 ounces (2 medium-small round or 4 or 5 plum) ripe tomatoes

Fresh serrano chiles to taste

(roughly 3 to 5, 1/2 to 1 ounce total, or even more if you like it really *picante*), stemmed

A dozen or so large sprigs of cilantro  
1 large garlic clove, peeled and very finely chopped (optional)

1 small (4-ounce) white onion

1 1/2 teaspoons fresh lime juice

Salt, about 3/4 teaspoon

Core the tomatoes, then cut in half widthwise and squeeze out the seeds if you wish (it will give the sauce a less rustic appearance).

Finely dice the flesh by slicing it into roughly 1/4-inch thick pieces, then cutting each slice into small dice. Scoop into a bowl.

Cut the chiles in half lengthwise (wear rubber gloves if your hands are sensitive to the piquancy of the chiles) and scrape out the seeds if you wish (not only will this make the salsa seem less rustic, but it will make it a little less *picante*). Chop the chiles as finely as you can, then add them to the tomatoes. Carefully bunch up the cilantro sprigs, and, with a sharp knife, slice them 1/16-inch thick, stems and all, working your way down from the leafy end until you run out of leaves. Scoop the chopped cilantro into the tomato mixture along with the optional garlic. Next, finely dice the onion with a knife (a food processor will turn it into a sour mess), scoop it into a small strainer, then rinse it under cold water. Shake to remove the excess water and add to the tomato mixture. Taste and season with lime juice and salt, and let stand if you have a little time, for the flavors to meld before using or scooping into a salsa dish and serving.

## Summer Vegetable Frittata

Gourmet July 2004

Adapted from *The Unprejudiced*

*Palate* by Angelo Pellegrini



**yield:** Makes 6 servings

Active time: 35 min Start to finish: 40 min

6 large eggs

6 large fresh basil leaves, chopped

1 tablespoon chopped fresh parsley

1/4 teaspoon salt

1/4 teaspoon black pepper

1 oz prosciutto, finely chopped

1 tablespoon olive oil

1 lb medium zucchini (about 3), halved lengthwise and cut crosswise into 1/4-inch-thick slices

5 medium Swiss chard leaves, stems discarded and leaves finely chopped (1 1/2 cups)

12 scallions, trimmed and finely chopped

5 zucchini blossoms\*

2 oz finely grated Parmigiano-Reggiano (1 cup)

Preheat broiler.

Whisk together eggs, basil, parsley, salt, and pepper in a bowl.

Cook prosciutto in oil in a 12-inch ovenproof nonstick skillet over moderate heat, stirring, until edges begin to crisp, about 2 minutes. Add zucchini and chard and cook, covered, stirring occasionally, until vegetables are just tender, about 8 minutes. Add scallions and zucchini blossoms and cook, uncovered, stirring occasionally, until just wilted, 1 to 2 minutes. Pour egg mixture into skillet and cook, lifting up cooked egg around edge using a spatula to let as much raw egg as possible flow underneath, until edge is set, about 2 minutes (top and center will still be very loose). Sprinkle cheese evenly over top.

Broil frittata about 6 inches from heat until set, slightly puffed, and golden, 2 to 2 1/2 minutes.

Cool frittata 5 minutes, then loosen edge with a clean spatula and slide onto a large plate. Cut into wedges.

## Soft Fried Tortillas with Tomatillo Salsa and Chicken

Gourmet May 2004

**For tomatillo salsa**

1/2 lb fresh tomatillos, husks discarded and

tomatillos rinsed and quartered

3 fresh green serrano chiles, coarsely chopped (including seeds)

1/4 cup chopped white onion

3 garlic cloves, quartered

3/4 teaspoon salt, or to taste

1/2 cup water

2 tablespoons vegetable oil

3 tablespoons finely chopped fresh cilantro

**For chalupas**

1 to 2 tablespoons vegetable oil

12 (4-inch) corn tortillas (see cooks' note, below)

1 cup shredded cooked chicken (from 1 chicken breast half)

2 to 3 tablespoons *crema* or crème fraîche

1/3 cup finely chopped white onion

1/3 cup finely crumbled *queso fresco* (Mexican fresh cheese)

**Make salsa:**

Purée tomatillos, chiles, onion, garlic, salt, and water in a blender until smooth.

Heat oil in a 10-inch heavy skillet over moderate heat until hot but not smoking, then carefully add tomatillo purée (oil will splatter) and simmer, stirring, until thickened, 8 to 10 minutes. Stir in cilantro and simmer 1 minute. Transfer to a small bowl

**Make chalupas:**

Put oven rack in middle position and preheat oven to 200°F.

Heat 1 tablespoon oil in cleaned dried skillet over moderate heat until hot but not smoking, then briefly cook tortillas, 3 at a time, until softened and hot but still pale, about 10 seconds per side, adding more oil if necessary. Transfer tortillas with tongs to paper towels to drain briefly, then to a large shallow baking pan in oven to keep warm, arranging tortillas in one layer (overlapping slightly if necessary) and covering pan with foil.

Spread each warm tortilla with about 1 teaspoon salsa, then top sparingly with a few shreds of chicken. Thin crema with a little water and drizzle over chicken, then sprinkle with onion and cheese. Serve immediately.