

Crème de la Crop

What do I get?

Quantity represents 1/2 membership, Subject to change

Epicureans: Garlic, Yellow Klamath Pearl Potatoes, Thelma Sanders Acorn Winter Squash, Buttercup Winter Squash & Candy Storage Onions

Standard: Garlic, Russet Potatoes, Green Acorn Winter Squash, Sugar Pie Pumpkins & Candy Storage Onions

Mashed Acorn Squash With Sunflower Seeds

Recipe adapted from Robin Miller 2006 Food Network

Cook Time 7 Minutes

2 acorn squash, cut in 1/2 and seeded
1/3 cup lowfat sour cream or more as needed
1 teaspoon ground cumin
1/2 teaspoon garlic powder
Salt and freshly ground black pepper
1/4 cup shelled dry-roasted sunflower seeds

Place the acorn squash halves in a microwave-safe dish and cover with plastic wrap. Microwave on HIGH until the flesh is tender, 5 to 7 minutes.

Using a spoon or ice cream scoop, remove the flesh from the squash and transfer to a large bowl. Add the sour cream, cumin, and garlic powder and mash together with a fork until blended and smooth, adding more sour cream, as necessary, to create a nice consistency. Season with salt and pepper.

Spoon the squash onto plates and top with sunflower seeds just before serving.

Panfried Smashed Potatoes

Recipe Adapted from Gourmet March 2009 by Paul Grimes



photo by: Romulo Yanes

yield: Makes 4 servings
active time: 10 min
total time: 45 min

These are everything potatoes should be: crisp-skinned yet pillowy, sprinkled with a generous amount of salty parmesan. They require no laborious peeling and are much easier to prepare than french fries.

8 medium red potatoes (about 2 inches long;
1 3/4 pounds)
1/2 cup extra-virgin olive oil
1/2 cup grated Parmigiano-Reggiano

Generously cover potatoes with cold water in a 3-to 4-quart pot and add 1 tablespoon salt. Boil until almost tender, 10 to 15 minutes. Drain potatoes. Transfer to a baking sheet and lightly crush to about 3/4 inch thick with a potato masher, keeping potatoes intact as much as possible.

Heat oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Transfer potatoes with a spatula to skillet, then lower heat to medium-low and cook, turning once, until golden brown, about 20 minutes total. Serve sprinkled with cheese. Season generously with pepper.

Cooks' note: Fried potatoes can be kept warm in a sheet pan in a 200°F oven up to 30 minutes.

Red Potatoes and Wilted Greens

Recipe Adapted From Gourmet December 1996

yield: Serves 2
Can be prepared in 45 minutes or less.

3/4 pound small red potatoes
1 tablespoon unsalted butter
1/2 tablespoon olive oil
1 small garlic clove, minced
4 cups packed beet greens,
mustard greens, or Swiss
chard (about 6 ounces) tough
stems discarded and
remainder washed well and
dried

In a medium saucepan bring potatoes with enough salted water to cover them by 1/2 inch to a boil and simmer 15 minutes, or until tender. Drain potatoes in a colander and when cool enough to handle cut each potato in half. In a heavy skillet heat butter and oil over moderate heat until foam subsides and cook potatoes, cut sides down, until golden, about 5 minutes. Loosen potatoes from bottom of skillet with a metal spatula. Add garlic and cook, stirring, until garlic is pale golden. Add greens and cook, covered, 3 minutes, or until greens are wilted. Season mixture with salt and pepper and stir until combined well.

Lemon Broccoli Risotto

Recipe adapted from *Gourmet* November 1991

yield: Serves 2

Can be prepared in 45 minutes or less.

4 cups chicken broth
2 cups water
1 pound broccoli, cut into flowerets, quartered if large, and stems cut into 1/2-inch dice
1 teaspoon freshly grated lemon zest
1 tablespoon fresh lemon juice
1 small onion, chopped fine
1 small garlic clove, minced
2 tablespoons olive oil
1 1/2 cups rice (short, medium, or long grain)
1/2 cup freshly grated Parmesan

In a large saucepan bring the broth and the water to a boil and in the broth simmer the broccoli flowerets for 3 minutes, or until they are just tender. Transfer the flowerets with a skimmer to a bowl and reserve them. To the simmering broth add the broccoli stems, the zest, and the lemon juice and simmer the mixture for 5 minutes. While the stems are cooking, in a large heavy saucepan cook the onion and the garlic in the oil over moderately low heat, stirring, until the onion is softened and stir in the rice, stirring until each grain is coated with the oil. Add 1/2 cup of the simmering broth, stems included, and cook the mixture over moderately high heat, stirring constantly, until the broth is absorbed. Continue adding the broth mixture, 1/2 cup at a time, stirring constantly and letting each portion be absorbed before adding the next, until the rice is tender but still al dente. (The rice should take about 20 minutes to become al dente.) Stir in the reserved broccoli flowerets and simmer the risotto, stirring, until the flowerets are heated through. Remove the pan from the heat and stir in the Parmesan and salt and pepper to taste.

Chicken Curry with Veggies on Whole-Grain Couscous

Recipe Adapted From *Epicurious* May 2007

By Melissa Perlman and Erica Gragg, *Bikini*

Bootcamp: Two Weeks to Your Ultimate

Beach Body

yield: Makes 2 servings

This tasty curry goes wonderfully on top of couscous and makes for a filling meal.

2 tablespoons extra-virgin olive oil
1/2 onion, chopped
1 tablespoon peeled and chopped ginger
1 garlic clove, minced
1 tablespoon turmeric
1 tablespoon curry powder
1 tablespoon brown sugar
2 (5- to 6-ounce) skinless, boneless chicken breasts, sliced into 1-inch pieces
1 floret broccoli, chopped
1 small floret of cauliflower, chopped
1 carrot, chopped
1 cup whole-grain couscous, prepared according to instructions on the box

1. Combine the oil, onion, ginger, garlic, turmeric, curry powder, and brown sugar in a large skillet and cook over medium heat until onions turn clear and smell sweet, about 5 minutes.
2. Add the sliced chicken breasts and cook until the meat is done, about 5–7 minutes.
3. Add 1 cup of water along with the broccoli, cauliflower, and carrot. Cook for about 15 minutes, or until the vegetables are tender. Add water as needed to maintain a saucy consistency.
4. Serve over hot, freshly cooked couscous.

Roasted Garlic Pasta Sauce

Recipe adapted from Emeril Lagasse 2004

Cook Time 1 hour 15 min

Level Easy

1 large onion, chopped
3 tablespoons extra-virgin olive oil
1 tablespoon minced garlic
1/4 cup tomato paste
1 1/2 teaspoons salt
1 teaspoon balsamic vinegar
1/2 teaspoon hot sauce
1/4 teaspoon crushed red pepper
1/4 teaspoon Italian seasoning
1/4 teaspoon dried basil leaves
2 (28-ounce) cans whole Italian plum tomatoes, with their juices
3 whole heads roasted garlic, cloves removed from peels

In a large saucepan saute the onion in the olive oil over medium-high heat until soft and lightly golden, 4 to 6 minutes. Add the minced garlic and cook, stirring, for 1 minute. Add the tomato paste, salt, balsamic vinegar, hot sauce, crushed red pepper, Italian seasoning, and basil, and cook for 1 minute. Add the tomatoes, crushing with your hands as you place them in the pan, and their juices. Stir to combine well and bring to a boil. Reduce the heat to a slow simmer and cook for 20 minutes, stirring occasionally.

Add the roasted garlic cloves and stir to combine. Continue to simmer for 30 to 45 minutes longer, or until the flavors have come together.

Serve over pasta of choice.