



# Tucson Community Supported Agriculture

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## Winter 2011/2012

Harvest list is online

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**Many more recipes in our online recipe archive**

### Belgian Endive Gratin - new

6 slices Black Forest Ham (or other thin-sliced ham in large pieces)

2-3 Belgian endives or 1 bunch regular endive or escarole

2 tablespoons olive oil

1/4 cup flour

2 cups milk

1/2 cup grated cheese

1/4 teaspoon nutmeg

Salt and pepper to taste

Steam the Belgian endive, endive or escarole for 15 minutes. Drain.

Divide into 6 portions. Roll each portion inside a ham slice and place in an oiled or buttered oven dish.

Prepare a cheese béchamel sauce by heating oil and flour on medium heat. Cook the flour for 2-3 minutes, stirring continuously with a whisk, and then progressively add the milk, while keeping the mixture simmering. Once the milk has been added and the sauce has thickened, incorporate grated cheese, salt, pepper and nutmeg (add extra milk if necessary to obtain a smooth, slightly thick sauce).

Pour the béchamel sauce over the ham rolls. Broil in the oven until top begins to brown (5 to 10 minutes). Serve with boiled potatoes.

### Fennel Fronds

Yes, they are edible. You can use them like you would use dill. They are just milder than dill. Use only the fine leaves and thin stems and avoid the thicker, fibrous parts of the stems.

## ENDIVE AND BELGIAN ENDIVE

**Endive** (*Cichorium endiva*) is a member of the chicory genus and of the daisy family (Composites), like radicchio. Endive looks a bit like lettuce and has two main forms: narrow-leaved and broad-leaved. Either can be flat-leaved or curly-leaved. When curly-leaved, endive is often referred to as **escarole**. The outside leaves of an endive head are green and slightly bitter. The inner leaves are usually light green to creamy-white and milder flavored. Another form of endive, the **Belgian endive**, is merely flat-leaved endive grown in full darkness.



Initially used by the ancient Greeks and Romans for medicinal purposes, endive has been consumed as a food by Europeans since the 14th century. Endive is still an important vegetable in Europe but not so much in the U.S. It is most popular in France, Belgium, Holland and Italy. In the U.S., endive is grown for its green leaves, which are used as a salad green and for its thick roots which are used in the southern U.S. as a flavor additive to coffee and sometimes as a coffee substitute (chicory).

Endive is often used in salad mixtures with blander-flavored lettuce to create a salad with a "little bite." The bitterness is typically moderated with the addition of vinegar, chile flakes, lemon juice, or fatty foods (cheese or bacon). For example, a typical Belgian salad, *Salade aux Lardons*, is made with endive, hard-boiled eggs, bacon bits and vinaigrette. Endive is also excellent braised in butter, or added to soups. It can also be steamed and served with a cheese sauce (see recipe to the left).



**Belgian Endive**, also called Witloof or Chicon in its native country, is the white, compact head produced by sprouting the mature roots in darkness. It is first grown like lettuce in spring and summer. It is then harvested in the fall before hard freezing occurs. The head is removed and the roots are stacked in the field. After being exposed to cold, the roots are planted upright in moist sand (usually in a cellar, or if planted outside, under a tarp or straw to prevent daylight from reaching them and to protect them from frost). In those conditions, they grow a new white head with pale yellow tips and provide fresh vegetables all winter long. Sliced Belgian endive mixed with shrimp and mayonnaise and little bit of salt and pepper makes an excellent appetizer.

## CABBAGE

Looking for cabbage recipes? Cabbage can be eaten raw, fermented, steamed, boiled, braised or stir-fried. For ideas and recipes, check our online recipe archive (click on *Recipes* on the homepage navigation bar, then scroll down to *Cabbage*).

Cabbage keeps well—and retains its vitamin C—if kept cold. Place the whole head of cabbage in a perforated plastic bag and store it in the refrigerator crisper. An uncut head will keep for at least two weeks (except the Savoy variety). Once a head of cabbage is cut, cover the cut surface tightly with plastic wrap and use the remainder within a day or two. Rubbing the cut surface with lemon juice will prevent it from discoloring.

### **Braised Fennel, Turnips, & Tepary Beans - new**

Chef Lilly from Lillystable.com

3 turnips, medium  
1 fennel bulb, with the stalks attached  
1/2 cup dry white tepary beans  
1 tablespoon olive oil  
1 cup broth  
1/2 cup white wine or more broth instead  
1 teaspoon salt, more as needed  
1 inch piece Parmesan cheese heel or slice of the rind, optional

Soak the dry white beans overnight. If you skip this step it will take longer to cook the beans. Strain the water off and add about four times as much fresh water. Tear off a stem of the fennel to add to the beans as they cook. Bring up to a simmer for 2-4 hours depending on the age of the beans until they are tender to the bite. You can also use a crock-pot, which will take about 4-6 hours, or a pressure cooker, which will take about 15-25 minutes. Trim the turnips and fennel and cut into bite-sized chunks. Drizzle the olive oil in a skillet with a lid over medium heat. Toss in the chunks. Allow to sit for a few minutes with the lid off until a golden color appears on one side. Toss again and then sear until more color forms. Pour in the broth and white wine. Cover and simmer for about 10-15 minutes until the vegetables feel tender. Remove the lid and boil off most of the excess liquid. Chop a few fennel fronds for garnish. Strain the cooked beans and toss with the vegetables and fennel fronds.

### **Fennel Turnip Spread**

The leftovers of the Braised Fennel, Turnips & Tepary Beans makes a delicious spread. Simply place all of the above recipe or any leftovers in a food processor with a generous handful of walnuts and grated Parmesan cheese if desired. Pulse until combined and smooth. Spread on crackers or French bread.

### **Endive Salad with Mint**

Sara Jones, Tucson CSA

This is a great way to use fresh endive or escarole. The key to this salad is the mint, which, along with the lemon juice, adds freshness to balance the strong flavors of the cheese and olives. Use a mix of endive and escarole for a nice look.

A few large handfuls endive, washed, drained well and chopped  
2-3 baby fennel bulbs, thinly sliced  
1/2 small red onion, thinly sliced  
Small handful of mint leaves, roughly chopped  
1 handful good quality black olives, pitted and chopped  
2-3 tablespoons feta cheese, crumbled  
Juice from one lemon  
Good drizzle of olive oil

In a large bowl, toss together greens, fennel, onion and mint. Top mixture with olives, cheese and lemon juice. Toss gently, add a large drizzle of olive oil and toss again.

### **Orange Miso Puree - new**

Chef Lilly, Lillystable.com

The beauty of this sauce is it works in a stir-fry, salad dressing, marinade or drizzled across roasted vegetables. It will also store well in your fridge for up to about 10 days.

1 orange, washed and dried  
1/4 cup miso paste  
1/4 cup water  
1/2 tablespoon maple syrup or honey, more to taste  
1 teaspoon soy sauce  
1 teaspoon rice wine vinegar  
1 pinch of salt, optional

With a microplane or fine grater, shred off the zest of the orange, place in the blender. Peel the orange and pull apart the segments. Check and remove any seeds, typically in the center bend of the segment. Place the fruit in the blender. Add the miso, water, maple syrup, soy sauce and rice wine vinegar. Blend to puree. Add a splash more water if it is not easily blending after about a minute. Once it is smooth, slowly drizzle in the olive oil in a steady stream with the blender running. Taste. Add a pinch of salt or drizzle more maple syrup as desired.

### **Orange Miso Salad Shakers - new**

Chef Lilly, Lillystable.com

A mason jar is the perfect vessel for taking a salad on the go and to shake to coat the lettuce just before eating. Several jars can be made at the start of the week for a ready to go meal. If you don't have jars, simply toss all of the ingredients together in a bowl. The ingredients should fill about 3 to 5 32-ounce mason jars. Use whatever veggies you have available, layering the sturdiest vegetables on the bottom and the most delicate on top.

1 cup Orange Miso Puree or your favorite dressing  
1 bunch bok choy, wash, dry, and thinly slice the stalks and leaves separately  
1 daikon radish, wash and thinly sliced  
1 carrot, washed and thinly sliced  
2-3 cups chopped lettuce

Pour about a 1/4 cup of the salad dressing on the bottom of a 32-ounce mason jar. Top with a handful of the sliced daikon radish (or other sturdy vegetable), which will 'marinate' slightly in the dressing. Add the stalks of the bok choy, then the carrot slices, then the bok choy leaves. Fill the remaining space with the chopped lettuce. The key is to keep the lettuce away from the dressing until you shake the jar just before serving.

### **Belgian Endive Gratin - new**

Philippe, Tucson CSA

See left margin of front page.