



Tucson Community Supported Agriculture

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Winter 2011/2012

Harvest list is online

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Black Spanish Radish Soup

These beauties are the perfect ingredient for Radish Soup (see our online recipe archive). You can use both the greens and the roots.



They can also be grated or sliced, eaten raw or cooked. If you have one or two kicking around, try them grated into your dinner salad or grated into a lentil or split pea soup.

An "Empty the Fridge" Soup Experiment

I found myself with a fridge full of winter veggies – a huge daikon radish, broccoli, cauliflower, rutabagas, kale, green garlic, and maybe a few other things I can't remember. Determined to cook it up quickly, I adapted the Radish Soup recipe (see above) as follows: if it wasn't lettuce or lettuce-like, and it wasn't strongly or distinctly flavored (that eliminated the fennel), I chopped it up and threw it in. When cooked, I blended it with an immersion blender and adjusted seasoning and water and broth proportions until I was satisfied. I then added mini-meatballs of Italian sausage and boiled it a few minutes to cook the meatballs. What a relief – it worked! Another delicious winter soup, but I could never make it exactly the same again!
- Paul D.

RAPINI

Rapini [rah-PEE-nee] is a vegetable of many names: a few of them are raab, rapa, rapine, rappi, rappone, taitcat, Italian or Chinese broccoli, broccoli raab, broccoli de rabe, Italian turnip, and turnip broccoli. It is a member of the Brassica genus, which includes mustard greens, cabbage, turnips, cauliflower, Brussels sprouts, etc.



Rapini is commonly found in Mediterranean and Chinese cuisines but you are unlikely to find it in a common grocery store in the United States (although it is gaining popularity). The Chinese cultivars are called hon tsai tai (which we also occasionally get at the Tucson CSA) or choi sum, and they tend to have a milder flavor than their Mediterranean cousins.

Its spiked leaves look like turnip leaves and may surround heads of florets which look similar to small, leggy heads of broccoli. There may be small edible yellow flowers blooming from the florets.

The flavor of rapini is reminiscent to that of broccoli but more pungent, like mustard greens, and slightly nutty. Its flavor is more complex than that of many greens as long as it is not overcooked. It can be steamed, braised, sautéed, broiled, stir-fried or, even better, oven-roasted. It pairs beautifully with beans or lentils, pork (try it with Italian sausage!) and chicken, and it works well as a side dish or in pasta dishes and soups.

Here's an easy way to cook rapini: Cut stalks crosswise into 2-inch pieces and drop them into salted (optional), boiling water. Cook for 1 to 2 minutes and remove with slotted spoon. Sauté the blanched rapini in a little olive oil and as much garlic as you like for 3 to 5 minutes until tender. Optional - Add a few dried red pepper flakes.

RUTABAGA



The rutabaga (*Brassica napobrassica*) is a root vegetable that looks very much like a turnip with yellow-orange flesh and ridges at its neck. Although this beta carotene-rich vegetable has been grown and marketed in our country for nearly 200 years, it remains an uncommon food in American dining. It's actually a great tasting vegetable with a delicate sweetness and flavor that hints of the light freshness of cabbage and turnip. With its easy preparation and versatility, great

nutrition, and excellent flavor, the rutabaga can easily become an endearing family favorite. It can be prepared like turnips. It can be grated into slaws and salads, roasted, steamed or mashed with potatoes. If you are looking for a delicious Asian twist, try preparing them using Sara's Curried Turnips recipe from our online recipe archive.

Creamy Rapini Pasta

Sara Jones, Tucson CSA

The creaminess of this dish is provided by hummus rather than dairy. Use a packaged, prepared hummus for a really simple recipe. Or you can make your own at home by pureeing any cooked white bean with garlic, oil, lemon juice, tahini and salt.

1 bunch rapini, cleaned and chopped
1 tablespoon olive oil
1 regular size package pasta
About 1/2 cup hummus

While pasta is boiling in well-salted water, sauté rapini in olive oil in a large pan over medium high heat. When pasta is al dente, drain, reserving some of the cooking water. Add pasta and hummus to greens and toss together. Add pasta water, if needed, to help thin hummus and coat pasta. Season with salt and pepper, if needed, and serve.

Roasted Root Vegetables

Sara Jones, Tucson CSA

Root vegetables are always great roasted. Slice the veggies into thick wedges or thin French fry strips, just remember the bigger they are the longer they'll take. I usually finish roasting vegetables by putting them under the broiler for a few minutes until nicely browned.

A couple large rutabagas and/or black Spanish radishes
Olive oil to coat
Lime or lemon juice
Salt, pepper, ground cumin and coriander

Cut radishes to desired size. Mix together oil, citrus juice and seasonings. Pour over radishes and toss well to coat. Bake in a 375° oven until tender (20-45 minutes). Brown under broiler if desired. Serve warm.

Scalloped Potatoes and Greens

By Philippe, Tucson CSA

Use half rutabagas instead of potatoes in this recipe for a sweet variation.

8 small potatoes, thinly sliced or substitute half the amount with 1 large rutabaga
2 tablespoons butter
1 bunch scallions (or I'itai onions), sliced
1 bunch greens (any greens), sliced in ribbons
2 tablespoons flour
2 cups milk
1 dash nutmeg
1 teaspoon dry mustard
Salt and pepper to taste

Heat oven to 350°. Lightly grease an 11 x 7-inch baking dish. Melt butter in a medium saucepan. Add scallions and sauté for one minute. Stir in flour until smooth. Add milk and stir until thick and bubbly. Add salt, pepper, mustard and nutmeg. Stir in greens. Pour mixture over potatoes and mix well, but gently. Pour the potato mixture into baking dish. Cover with foil. Bake for 45 minutes. Uncover and bake for another 15-20 minutes, or until potatoes are tender.

Minestrone à la Tucson CSA

Lorraine Glazar, Tucson CSA (adapted from The Classic Italian Cookbook, by Marcella Hazan, 1976)

I followed the classic technique from Marcella Hazan, but substituted for winter ingredients, and what we had in our shares. I love the direction "crust from a one to two pound piece of Parmesan, carefully scraped clean".

2 tablespoons olive oil
1 tablespoon butter
1 cup thinly sliced yellow onion
1 cup diced carrots
1 cup diced celery (or chard stems)
2 cups peeled, diced rutabaga (or potato)
1 cup cauliflower or broccoli floweret's (optional-some do not care for their flavor in a mixed soup)
3 cups finely sliced rapini leaves (minimize the use of stems and flowers)
6 cups homemade vegetable stock or 2 cups canned vegetable broth mixed with water
The crust from a 1 or 2 pound piece of Parmesan cheese, carefully scraped clean (optional)
2/3 cup canned Italian tomatoes, with their juice
1/2 cup freshly grated Parmesan (optional)
3/4 cup dried white beans, cooked in advance or one can white beans, drained and rinsed

Choose a stockpot large enough for all the ingredients. Put in the oil, butter, and sliced onion and cook over medium low heat until the onion is pale gold. Add the diced carrots and cook for 2 or 3 minutes, stirring once or twice. Repeat this procedure with the celery (or chard stems), rutabaga (or potato), and cauliflower, cooking each one a few minutes and stirring. Then add the sliced rapini and cook for about 5 minutes, giving the pot an occasional stir. Add the broth, the cheese crust, the tomatoes and their juice, and a little bit of salt. If you are using canned broth, go easy on the salt until you taste the finished product. Cover and cook at a very slow boil for about one hour. It is still good if you only have 30 minutes, but the flavors meld and deepen with longer cooking. If you find that the soup is becoming too thick, add more homemade broth or water, not more canned broth. Just before turning off the heat, remove the cheese crust, swirl in the grated cheese, taste, then correct for salt.