

A Well Fed Seed

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Week of November 14th

SWEET POTATO PUREE with ROASTED GARLIC

1 head garlic
2 pounds sweet potatoes
2 pounds russet potatoes
2 cups milk
¼ to ½ cup extra-virgin olive oil
salt and pepper

First roast the garlic: Wrap the head in foil, put in a preheated 400° oven and bake for 30-40 minutes, or until completely soft. (Test with the tip of a knife.) When cool, cut the top free from the head, separate the cloves, and set aside.

Peel and quarter the potatoes. Put them in a pot with a steamer insert. Season with a teaspoon of salt and steam over medium high to high heat, until cooked, about 20 minutes. Drain, add the unpeeled roasted cloves of garlic, and puree through a food mill, using a fine disk. Return puree to the pot and reheat over low heat. Scald the milk in a separate saucepan and add from 1 to 2 cups to the potatoes, depending on how dry they are. Then add the olive oil to taste, and season with salt and pepper, and serve.

FROM: Chez Panisse Vegetables, by Alice Waters
SERVES: 6-8

BEET and DAIKON SLAW

1 yellow beet, cut into 1/8-inch julienne (matchsticks)
1 red beet, cut into 1/8-inch julienne
1 6-inch daikon radish, cut into 1/8-inch julienne
1 teaspoon toasted sesame oil
2 teaspoons canola oil
1 teaspoon unsalted rice vinegar
1 teaspoon sea salt

Combine all ingredients in a non-reactive bowl, cover, and let stand at least ½ hour. Season to taste and serve.

FROM: From Asparagus to Zucchini
SERVES: 2

REMINDER: NO PICK UP NEXT WEEK

Don't forget... There will be no CSA shares next week.
Wishing you and your family a safe and Happy Thanksgiving!

TURNIP SOUP with GRUYERE CROUTONS

4 to 6 medium turnips, 1½ to 2 pounds
3 small boiling potatoes
2 tablespoons butter
2 leeks, white parts only, thinly sliced
1 garlic clove, minced
¼ cup chopped parsley
4 thyme sprigs or ¼ teaspoon dried
salt and pepper
6 cups water or stock
½ cup cream or milk

Peel the turnips and potatoes, quarter, and thinly slice them.

Melt the butter in a soup pot over medium heat. Add the turnips, potatoes, leeks, garlic, parsley, and thyme. Cook for about 5 minutes, then add 1½ teaspoons salt and the water and bring to a boil. Lower the heat and simmer, partially covered, until the vegetables are tender, about 25 minutes. Puree all or just part of the soup, depending on whether you like a smooth soup or one with some texture. Stir in the cream.

Taste for salt, season with pepper, and serve with two cheese croutons in each bowl or on the side.

½ cup Gruyere cheese
1 teaspoon Dijon mustard
baguette slices
1 tablespoon soft butter
pepper

Mix cheese, mustard, pepper, and butter. Toast 12 baguette slices, 2 for each person. Mound a little of the topping on each, then broil until cheese begins to bubble and melt.

FROM: Vegetarian Cooking for Everyone, by Deborah Madison
SERVES: 4-6