

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Twelfth Harvest: 8/19/14 & 8/22/14

Linguine alla Genovese

Pesto:

1/4 cup toasted pine nuts
4 oz. fresh basil leaves, stalks removed
4 oz. Parmesan cheese, freshly grated
1 garlic clove, crushed with a little sea salt
4 T water
2/3 cup extra virgin olive oil
freshly ground salt & pepper

Pasta:

4 T olive oil
1 lb. potatoes, cooked, peeled and sliced
1 cup green beans, blanched for 2 mins. in boiling water
1/2 cup cream
1 cup water
3/4 cup pesto (above), plus 4 T to serve
1-1/2 lbs. linguine
4 sprigs fresh basil
freshly ground salt & pepper

Pesto: Place pine nuts, basil, Parmesan, garlic and water in blender or food processor and process for 45 seconds. Pour in olive oil and pulse for 20 seconds. Scrape pesto into a bowl and season with salt and pepper to taste. Cover and store in the refrigerator until needed.

Pasta: Bring a large pan of salted water to a rolling boil for pasta. Meanwhile, heat oil in a frying pan over low heat. Add sliced potatoes and cook for 2-3 minutes until golden. Stir in green beans, cream, water and the pesto. Gently bring sauce to the boil. Season lightly with salt and pepper. Reduce heat and simmer for 2 minutes, taking care not to let the cream separate.

Cook linguine according to instructions and drain. Turn linguine into the pesto sauce and cook together gently for 1-2 minutes. Divide pasta between hot serving bowls, top each with a spoonful of pesto and sprig of basil to serve.

www.amummytoo.co.uk

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Fifth Harvest: 7/1/14 & 7/3/14

Fresh Marjoram Pesto

Makes 2 cups

- 1 Cup Fresh Marjoram Leaves
- 1/2 Cup Fresh Basil
- 1 1/4 Cup Aged Asiago Cheese
- 1 Cup Raw Walnuts
- 3/4 Cup Extra Virgin Olive Oil
- 1 Clove Garlic
- 2 Tablespoons Fresh Squeezed Lemon Juice
- 1/4 Teaspoon Sea Salt or to taste

Pick the marjoram leaves off the stems, shred the asiago and measure all ingredients and puree in a food processor or blender.

Marjoram is good for the digestion by increasing digestive enzymes, it soothes the stomach and helps reduce phlegm. It is an anti-inflammatory, sedative and antidepressant. It's also helpful with insomnia, stress and anxiety. It has high levels of vitamin C, exceptionally high in beta-carotene, vitamin A, and is one of the richest herbs in vitamin K. It is also an excellent source of iron.

<http://cali-zona.com>

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Fifteeth Harvest: 9/10/13 & 9/13/13

Fresh Tomato Sauce with Basil

3 lbs. ripe tomatoes, quartered
3 T chopped basil
salt and freshly milled pepper
2 T extra virgin olive oil or butter

Put the tomatoes in a heavy pan with the basil. Cover and cook over medium-high heat. The tomatoes should yield their juices right away, but keep an eye on the pot to prevent scorching. When the tomatoes have broken down after about 10 minutes, pass through a food mill. Return the sauce to the pot and cook over low heat, stirring frequently to thicken. Season with salt and pepper, and stir in the oil.

Veggies with Thai Basil

Serves 4

2 medium zucchini
1-2 carrots, slivered
1 peeled kohlrabi, cut into 1/2 inch chunks
1 cup sliced mushrooms
1 cup tofu, chicken, or beef, cut in bite-size pieces
1/2 cup fresh Thai basil leaves
Cilantro for garnish, optional
2 tablespoons soy sauce
2 tablespoons fish sauce
Juice from 1/2 lime
1/2 tablespoon fresh ginger, minced
1/2 tablespoon fresh garlic, minced
1-1/2 to 2 teaspoons chili paste (ideally sambal olek)
2 teaspoons sugar
1 teaspoon cornstarch or tapioca starch (optional)
Vegetable oil
Cooked rice, rice noodles, or wheat pasta for 4 servings

In a small bowl, combine the ginger, garlic, soy and fish sauce, sugar, lime juice and chili paste. Set aside. For a thicker sauce, add corn or tapioca starch.

In a wok or frying pan, heat oil and sauté the summer squash or zucchini, kohlrabi, and carrots on medium-high for about 3 minutes. Add the sauce to the pan and mix well. Cook an additional 5 minutes or so, until the veggies are tender-crisp. Remove from heat, mix in the Thai basil and cilantro, and serve over hot rice or noodles.

Submitted by Rachael Richardson

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Seventh Harvest: 7/16/13 & 7/19/13

Shrimp Risotto with Baby Spinach and Basil *Serves 6*

1 pound uncooked large shrimp, peeled, deveined
2 tablespoons butter
2 tablespoons olive oil
1 1/2 cups chopped onion
2 large garlic cloves, minced
4-1/2 to 5-1/2 cups chicken broth*
1-1/2 cups arborio rice or medium-grain white rice
(about 9-1/2 ounces)
1 cup dry white wine
3/4 cup baby spinach leaves
1/2 cup freshly grated pecorino romano cheese
1/4 cup chopped fresh basil
lemon squeeze and zest to taste

Heat the butter and oil in a heavy bottomed pan over medium heat until butter stops foaming and starts to turn a light brown. Add shrimp and 1/2 cup wine, and give it a toss, saute for 5 minutes until firm. Transfer shrimp to small bowl; cover with foil to keep warm.

Heat oil in heavy large saucepan over medium heat.

Add chopped onion and sauté until tender, about 5 minutes Add minced garlic and stir 1 minute. Add rice and stir until edge of rice is translucent but center is still opaque, about 2 minutes Add 1/2 cup wine and cook until absorbed, stirring occasionally, about 2 minutes. Add 3/4 cup broth. Simmer until almost all broth is absorbed, stirring often, about 2 minutes. Continue to add broth, 3/4 cup at a time, until rice is just tender and mixture is creamy, stirring often and allowing broth to be absorbed after each addition, about 25 minutes total. During last 5 minutes, add spinach in 4 batches, stirring and allowing spinach to wilt after each addition. Mix in shrimp, 1/2 cup cheese, and basil. Season risotto to taste with salt and pepper. Squeeze lemon juice and add zest, to taste. Spoon risotto into shallow bowls and serve with cheese.

Note: *Substitute broth with 1 part shrimp stock: 1 part clam juice: 1 part chicken stock. Add mushrooms to onion/garlic mixture.

Adapted from Bon Appétit | March 2003

Five Herb Pesto

Makes about 2/3 cup

1-1/2 tsp. whole coriander seeds
1/4 tsp. fine grain sea salt
1 large clove garlic, peeled
a handful sliced almonds, toasted (cooled)
zest of one lemon
50 medium basil leaves
a handful of arugula leaves
1/2 tsp. fresh oregano leaves
1/4 cup minced chives
3/4 cup grated Pecorino cheese
about 1/4 cup / 60 ml extra virgin olive oil

Toast the coriander seeds in a dry skillet until fragrant, and grind finely using a mortar and pestle. Add the salt and garlic and crush into a paste. Add the almonds and lemon zest and smash into a nut butter. Start working the basil in, a few leaves at a time, then the arugula, and oregano. Blend until consistent. Stir in the chives and cheese with a fork, before using the pestle to gradually work in the olive oil. Taste and adjust to your liking.

101cookbooks.com

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Fourteenth Harvest: 9/4/12 & 9/7/12

Pesto Potato Salad w-Green or Wax Beans

Serves 10

- 4 pounds small Yukon gold or red-skinned potatoes, quartered
- 1 pound green or wax beans, cut into one-inch segments
- 1 to 2 small garlic cloves, peeled
- 2 bunches of Thai basil (about one ounce each)
- 1/4 to 1/2 cup olive oil
- 6 tablespoons (or more to taste) mild vinegar, such as champagne, white wine or a white balsamic
- 1/4 cup chopped green onions (scallions)
- 1/2 cup pine nuts, toasted
- Parmesan cheese to taste
- Salt and freshly ground black pepper

Cook potatoes in large pot of boiling salted water until just tender, about 10 minutes. Add beans; cook four

minutes longer. Drain well and let cool, then transfer potatoes and beans to a large bowl.

Meanwhile, discard the stems from the basil and wash and dry the leaves. Puree them in a food processor with garlic, drizzling in enough olive oil that it gets saucy. Season the pesto with salt and pepper.

Toss beans and potatoes with pesto. Stir in vinegar, green onions, pine nuts and season with salt, pepper and/or additional vinegar to taste. Shave some wide flecks of parmesan over salad with a vegetable peeler.

Serve immediately, or make this up to two hours in advance. It can be stored at room temperature.

Note: *Although one can use “store-bought” pesto, making your own, as suggested, is highly recommended.*

www.smittenkitchen.com

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Thirteenth Harvest: 8/28/12 & 8/31/12

Roasted Tomato Sauce with Basil

Makes 2-3 cups

- 4 pounds very red summer tomatoes (12-16 medium tomatoes)
- 1 pound sweet onions
- 5 large cloves garlic
- 2 tablespoons fruity green olive oil
- 1 teaspoon salt, more to taste
- 3 tablespoons coarsely chopped fresh basil

Peel tomatoes: Cut a cross in the bottom of each one with a sharp knife and put them into boiling water for 1 minute. Remove tomatoes from the hot water and put directly into cold water. Slip off skins and trim them over a bowl, catching all the juice.

Cut them into large chunks or wedges. Peel and chop the onions. Peel and slice the garlic cloves.

Toss together all ingredients, including the juice of the tomatoes, and spread all evenly over a large baking sheet.

Put the tomatoes in a 375° oven and roast for about 2 to 2-1/2 hours, stirring once after the first hour, then every 30 minutes or so. Most of the liquid will cook away, and the tomatoes will melt into a soft, thick, slightly caramelized marmalade. It's wonderful!

Serve on pasta, with rice, on pizza, with polenta, in soups, in a quesadilla, in an omelet – with anything that goes well with tomatoes.

Source: The New Vegetarian Epicure by Anna Thomas

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Tenth Harvest: 8/7/12 & 8/10/12

Insalata Caprese Salad – Mozzarella, Tomato and Basil Plate

Serves 4-6

2-1/2 pounds fresh mozzarella cheese, sliced 1/4-inch thick

2 large vine-ripened tomatoes, sliced 1/4-inch thick

1 cup fresh basil leaves

Coarse salt to taste

Freshly-ground black pepper to taste

2 tablespoons drained capers (optional)

1/4 cup extra-virgin olive oil

In a circular design, alternate fresh mozzarella slices on a large platter with sliced tomatoes, overlapping for effect. Tear fresh basil leaves and sprinkle liberally over the slices. Add salt and freshly ground pepper to taste. Sprinkle capers over the top.

Just before serving, drizzle on some top-quality extra-virgin olive oil. **NOTE:** *True Insalata Caprese should never be allowed to sit in oil for any length of time, and no vinegar of any kind!*

<http://whatscookingamerica.net>

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Seventh Harvest: 7/17/12 & 7/20/12

Make Pesto like an Italian Grandmother

1 large bunch of basil, leaves only, washed and dried
3 medium cloves of garlic
one small handful of raw pine nuts
roughly 3/4 cup Parmesan, loosely packed and *freshly grated*
A few tablespoons of extra-virgin olive oil

Start chopping the garlic along with about 1/3 of the basil leaves. Once this is loosely chopped add more basil, chop some more, add the rest of the basil, chop some more (scrape and chop, gather and chop). At this point the basil and garlic should be a very fine mince. Add about half the pine nuts, chop. Add the rest of the pine nuts, chop. Add half of the Parmesan, chop. Add the rest of the Parmesan, and chop. In the end you want a chop so fine that you can press all the ingredients into a basil “cake.” Transfer the pesto “cake” to a small bowl (not much bigger than the cake). Cover with a bit of olive oil, it doesn’t take much, just a few tablespoons.

You can set this aside or place it in the refrigerator until you are ready to use it. Just before serving give the pesto a quick stir to incorporate some of the oil into the basil. She occasionally thins the pesto with a splash of pasta water for more coverage. *Makes about 1 cup*

Note from Heidi: One key to perfect pesto is chopping all the ingredients by hand, preferably with a sharp mezzaluna or knife (... my large half-moon shaped pizza cutter ... works like a dream). This pesto will keep a bit in the refrigerator, but it really hits its peak when served soon after it is made.

The technique here is: chop a bit, add some ingredients, chop some more. ... [P]art of the reason it’s done this way (instead of chopping everything all at once) is because ... it encourages a spectrum of cut sizes throughout the pesto contributing to the overall texture.

...This recipe doesn’t have any added salt (just the saltiness from the cheese), make sure your pasta water is well salted if you are going to use this pesto on pasta or the overall flavor profile will fall flat. Also, be sure to adjust for seasoning before serving. With food this simple, you need to get the seasoning right.

www.101cookbooks.com