

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

Fourth Harvest: 6/24/14 & 6/27/14

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## Coconut Broccoli Soup

*Serves 8*

- 1 14-ounce can of full fat coconut milk
- 3 cloves garlic, smashed
- 1 large yellow onion, chopped
- 1 small serrano chile, stemmed and chopped
- 2 teaspoons fine grain sea salt
- 4 1/2 cups water
- 2-3 large heads of broccoli (~1-1/2 lb.), cut into small florets
- 2-3 large handfuls of spinach

Scoop a spoonful of thick coconut cream from the top of the coconut milk. Add to a large pan over medium-high heat. When hot, stir in garlic, onions, chile, and salt. Sauté for a couple minutes to soften. Add remaining coconut milk, and water, and bring to simmer before adding broccoli and spinach. Simmer long enough for broccoli to get tender throughout, 2-4 minutes. Immediately remove soup from heat and puree with immersion blender. Add more water if you need to thin soup. Taste and add more salt, if needed. Serve with tofu cubes, toasted almonds and scallions.

*101cookbooks.com*

# FIELD *notes*

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Twelfth Harvest: 8/20/13 & 8/23/13

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## **Braised Broccoli with Orange & Parmesan**

*Serves 4-6*

1/4 cup freshly squeezed orange juice  
2 to 3 crushed tomatoes  
1 head of broccoli, florets and  
stalks trimmed and cut into bite-sized pieces  
1/4 teaspoon chopped fresh oregano  
1/4 teaspoon red pepper flakes  
1/4 teaspoon fine grain sea salt  
1/8 teaspoon freshly ground black pepper  
1 T extra virgin olive oil  
1/4 cup shaved Parmesan  
2 T toasted sliced almonds

In a medium saucepan over medium-high heat combine orange juice and tomatoes. Bring to a boil and stir in the broccoli. Stir in the oregano and red pepper flakes, then cook until the broccoli is just tender, and bright green, a couple minutes. Avoid overcooking the broccoli. Season with salt and pepper, and transfer to a serving dish. Drizzle with the olive oil, and sprinkle with the cheese and almonds before serving.

*[www.101cookbooks.com](http://www.101cookbooks.com)*

## Barley, Broccoli, and Cannellini Bean Soup

1/3 cup pearl barley  
salt  
1 pound broccoli  
1/3 cup extra virgin oil oil, plus some for finish  
1-1/2 tablespoons chopped garlic  
1 cup canned cannellini white beans, drained  
1 beef bouillon cube  
black pepper ground fresh

Put the barley in a soup pot; add enough water to cover by 3 inches and a large pinch of salt. Cover the pot, bring water to a slow but steady simmer, and cook for about 45 minutes until the barley is fully tender. Drain, collecting the water in a bowl for possible use later.

While barley is cooking, detach the florets and any small leaves from the broccoli and put them in a bowl of cold water.

Pare away the hard, green rind of the broccoli stem (and any other touch, stringy part). Wash the stems and florets under cold running water in several changes of cold water.

Bring a pot of water to a boil, add 2 tablespoons salt and the thick, main broccoli stems. The salt is to keep the stems green. Cook for 7 or 8 minutes, then add the florets. When the water returns to a boil, cook for another 10 minutes or so, then drain. Chop the broccoli rather fine and set aside.

Put olive oil and garlic in a soup pot, turn to medium heat, and cook the garlic, stirring frequently, just until the color is a deep ivory.

Add broccoli and cook for 2 or 3 minutes, turning to coat well.

Drain the cannelloni and add beans and barley to soup pot, stirring once or twice.

Add enough of the barley's water (add more water if insufficient), to cover by at least 2 inches. Add bouillon cube and several grinds of fresh pepper, and stir for 15 or 20 seconds. Cook at a steady but gentle simmer for about 5 minutes. Serve with a trickle of olive oil in each bowl.

*Marcella Hazan's "Cucina"*

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

Eleventh Harvest: 8/14/12 & 8/17/12

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## **Oven Roasted Broccoli** *Serves 4-6*

- 1 pound broccoli, rinsed and trimmed
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/3 cup panko bread crumbs
- 1/4 cup finely grated Parmesan or sharp Cheddar

Preheat oven to 425° F. Cut the broccoli florets into bite size pieces. Cut the stalk into 1/8-inch thick, round slices. Place the broccoli into a mixing bowl and toss with the olive oil, garlic, kosher salt and pepper and set aside.

Spread the panko into a 13 by 9-inch metal cake pan and place into the oven for 2 minutes or until lightly toasted. Remove the panko from the oven and add to the bowl with the broccoli mixture. Toss to combine. Return the mixture to the cake pan, place in the oven and roast just until the broccoli is tender, 8 to 10 more minutes. Remove from the oven, toss in the cheese and serve immediately.

*Recipe courtesy Alton Brown  
(Good Eats – Food Network), 2007*

*This recipe was submitted by CSA member Lori Bush.*

# FIELD *notes*

UCSC Farm

Community Supported Agriculture

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

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## Broccoli Slaw with Buttermilk Dressing

*Serves 4-6*

2 heads of broccoli

1/2 cup thinly sliced almonds, toasted

1/3 cup dried cranberries

1/2 small red onion, finely chopped

Trim broccoli and cut it into large chunks. Then, either feed it through your food processor's slicing blade, use a mandoline to cut it into thin slices, or simply hand chop it into smaller pieces (I used the stem and the flowerets).

Toss the sliced broccoli with the almonds, cranberries and red onion in a large bowl. Meanwhile, whisk the dressing ingredients in a smaller one, with a good pinch of salt and black pepper. Pour the dressing over the broccoli and toss it well. Season well with salt and pepper to taste.

Variation: This slaw would be equally good with cauliflower. I might use dried currants and walnuts instead of cranberries and almonds and maybe some celery slices. Have fun with it. Should keep up to a week in the fridge.

<http://smittenkitchen.com>

# FIELD *notes*

UCSC Farm  
Community Supported Agriculture  
Fourth Harvest: 6/26/12 & 6/29/12

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## Ginger-Poached Noodles

4 cups vegetable broth  
2 ounces fresh ginger, peeled and thinly sliced  
8 ounces firm tofu, cut into small cubes  
1 to 2 cups (half a bunch) of broccolini, broccoli, or  
baby broccoli - trimmed  
4 ounces dried spinach noodles, soba, or noodles of your  
choice  
1 to 2 tablespoons shoyu or soy sauce  
1/4 cup fresh basil, shredded  
scant 1/4 cup fresh mint, shredded  
a squeeze of lime juice  
crushed red pepper flakes (opt)  
toasted sesame oil (opt)

Place the broth, ginger and tofu in a large saucepan and bring to a boil. Dial down the heat, and gently simmer for ten minutes or so. Remove (just) the tofu from the pan using a slotted spoon and set aside. Now

add the broccolini to the simmering broth. Cook for just a minute, until bright, and remove from pan with fork. Add pasta to ginger broth and cook until done, stirring regularly. Remove pasta with fork, set aside, and pour out most of the broth and all of the ginger slices. Return the tofu, broccolini and noodles to the pot. Stir in the soy sauce, basil, mint, and a squeeze of lime juice. Finish with a couple pinches of crushed red pepper flakes. Taste and season to taste with salt, soy sauce, and perhaps a drop or two of toasted sesame oil.

**Note:** If you don't like picking around the ginger slices, tie them up loosely in a piece of cheesecloth. Also, I know that boiling pasta in a shallow pot of broth breaks rule #1 of pasta making – but it works out just fine in this case. I used dried noodles, but you can certainly use fresh noodles (use enough for 2-3 people).

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