

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Fifteenth Harvest: 9/8/15 & 9/11/15

Heirloom Tomato & Frisee Salad with Bacon Vinaigrette

Bacon Vinaigrette

- 1/2 C minced bacon
- 1 T minced shallot
- 1/2 C extra virgin olive oil
- 1/3 C cider vinegar
- 2 T bacon fat
- 1 T vegetable oil
- 1/2 T dijon mustard
- 1/2 T honey
- Salt & pepper to taste

Vinaigrette: Cook the bacon and reserve fat for later. Make sure bacon fat remains slightly warm to prevent congealing. Combine bacon, shallots, vinegar, mustard, and honey in a bowl and whisk together while adding a slight amount of salt and pepper. Rest

for five minutes to allow flavors to meld and for the shallots to macerate slightly. Combine oils and bacon fat in a measuring cup, preferably with a spout to allow for a slow pour. Make sure the oils are mixed well and begin very slowly pouring into the bowl while vigorously whisking. A nice emulsion should be achieved. Adjust seasoning to your liking and serve.

Salad: Rinse and dry frisee and tomatoes. Cut and discard roots of the frisee. Tear frisee into bite size pieces. Cut tomatoes in approximately 1/4-inch slices. Toss the frisee with the vinaigrette and a little salt and pepper to obtain a light coating. On a large plate assemble the tomatoes and frisee in an alternating fashion. Drizzle with the remaining vinaigrette, and serve. Frisee has a great watery crunch. Romaine, spinach, and arugula make fine substitutions. Enjoy.

www.vivacecharlotte.com

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Fourteenth Harvest: 9/6/11 & 9/9/11

Farfalle with Wilted Frisée & Burst Tomatoes *Serves 6*

3 tablespoons extra-virgin olive oil
1-1/2 pint cherry tomatoes
2 large garlic cloves, minced
1 teaspoon lemon peel, grated
1/4 teaspoon crushed red pepper
2 heads frisée, coarsely chopped
12 ounces farfalle (bow-tie) pasta
4 tablespoons unsalted butter, cut into 1/2-inch pieces
1/2 cup freshly grated parmesan cheese

Heat oil in heavy large skillet over medium-high heat. Add tomatoes and cook, stirring frequently, until tomatoes begin to burst, about 8 minutes. Add garlic,

lemon peel, and dried crushed red pepper; cook 2 minutes longer. Add frisée in batches and cook until wilted, about 3 minutes total. Season tomato-frisée mixture with salt and pepper.

Meanwhile, cook pasta in boiling salted water until tender but still firm, stirring occasionally. Drain, reserving 1 cup cooking liquid. Add pasta to skillet with tomato-frisée mixture. Stir in butter. Add reserved pasta liquid by 1/4 cupfuls, if dry.

Divide pasta among shallow bowls and serve with cheese.

Source: yummlly.com

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Fourteenth Harvest: 9/6/11 & 9/9/11

Frisée, Apple, Feta Cheese Salad with Apple Vinaigrette

Serves 4

1 bunch of frisée, washed and broken into pieces
1 apple, core removed and sliced
4 ounces feta, crumbled
Apple cider honey mustard vinaigrette
2 tablespoons apple cider vinegar
1 teaspoon Dijon style mustard
1 teaspoon honey
2 tablespoons olive oil
1 garlic clove, crushed
1 tablespoon finely chopped parsley
Sea Salt and fresh ground pepper to taste

Combine all the ingredients for the vinaigrette or salad dressing in a bowl and whisk until the ingredients are well mixed.

Place the frisée, sliced apple, feta cheese in a salad bowl. Pour the vinaigrette over the salad and toss well.

Serve immediately.

Adapted from Laliyta.com

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Fifteenth Harvest: 9/11/12 & 9/14/12

Fall Salad of Bitter Greens

4 cups washed and torn curly
endive, arugula, frisée, radicchio
or a combination of greens
1/2 cup raw almonds
maple syrup
cayenne
salt
sliced nectarines or pears
1/4 cup chèvre

Dressing

2/3 cup olive oil
one finely diced shallot
2 tbsp balsamic vinegar
1 tbsp sherry vinegar
1 tbsp red wine vinegar
1 tsp sugar
1/2 tsp dijon mustard

Toss almonds with a little maple syrup, pinch of cayenne, and a bigger pinch of salt and toast in a 350° oven for about 7 minutes. Don't overcook! It can happen quick. Once they cool, give them a rough chop (not too fine or it will create a lot of almond dust).

Combine dressing ingredients, shake well in a jar or emulsify in a food processor.

Toss greens with a pinch of salt, then add dressing to taste. Sprinkle with toasted almonds. Top with crumbled chèvre and sliced nectarines (or pears).

Amy Padilla of Feel Good Foods