

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Second Harvest: 6/9/15 & 6/12/15

Mixed Green Salad w-Parmigiano Crisps

- 1 C grated Parmigiano
- 4 C salad mix
- 1 C mixed fresh herb leaves,
such as parsley, basil, oregano, chives or cilantro
- 1 C grape tomatoes, cut in half
- 1/2 C cucumber, peeled and thinly sliced
- 1/4 C thinly sliced red onions
- 1/4 C extra-virgin olive oil
- 1/4 C red wine vinegar
- Salt to taste
- 1/4 C toasted chopped walnuts, sunflower seeds or
chopped hazelnuts

For crisps: Preheat oven to 375°F. Line baking sheet with silicone mat. Make 4 even, very thin circles of Parmigiano on mat. Be sure circles are not touching. Bake 7-8 mins. until cheese has melted, turned golden brown and looks like lace. Remove from oven and let crisps cool for about 1 minute. Using spatula, remove crisps from mat and reserve on a plate.

For salad: In a large basin, wash all greens in cool water until the grit falls to bottom of the basin. If greens are especially dirty, discard water and repeat process. Gently remove greens and put in a salad spinner. Spin until dry and still fresh looking. If not using right away, store wrapped loosely in paper towels then sealed in plastic bags in refrigerator crisper drawer.

In a large bowl, place greens and herbs. Add tomatoes, onions, and cucumbers. Drizzle in half of the oil and vinegar and season with salt. Using hands, gently toss salad to combine. Taste! If needed, add remaining oil, vinegar and more salt. The salad should be flavorful but not soggy.

Arrange salad on individual salad plates or bowls. Sprinkle each salad with nuts and garnish with Parmigiano crisp.

Submitted by Anne Burrell via <http://www.foodnetwork.com>

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

Asian Lettuce Wraps

Serves 4

2 tablespoons lower-sodium soy sauce
2 tablespoons fresh lime juice
2 teaspoons sambal oelek (ground fresh chile paste)
2 teaspoons dark sesame oil
1-1/2 pounds ground chicken
1 tablespoon refrigerated ginger paste
1/2 cup thinly sliced green onions
1/2 cup matchstick-cut carrots
1/4 cup chopped fresh cilantro
1/4 cup chopped unsalted, dry-roasted peanuts
12 lettuce leaves

Combine first 4 ingredients in a small bowl. Set aside.
Cook chicken and ginger paste in a large nonstick skillet over medium-high 7 minutes or until chicken is done, stirring to crumble. Stir in onions, carrots, and cilantro; cook 1 minute. Stir in soy sauce mixture. Remove from heat.

Spoon about 1/3 cup chicken mixture and 1 teaspoon peanuts into each lettuce leaf.

<http://mealmakeovermoms.com>

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Third Harvest: 6/17/14 & 6/20/14

Knife and Fork Grilled Caesar Salad

Serves 4

- 1 long thin baguette
- 1/4 cup olive oil, divided
- 2 cloves garlic, halved
- 1 small tomato, halved and seeded
- 1 head romaine lettuce, outer leaves discarded and head cut into quarters
- salt and coarsely ground black pepper to taste
- 1 cup Caesar salad dressing, or to taste
- 1/2 cup Parmesan cheese shavings

Preheat grill for low heat and lightly oil the grate.

Cut baguette on a severely sharp diagonal to make 4 long slices about 1/2-inch thick. Lightly brush each cut side with about half of the olive oil.

Grill baguette slices on the preheated grill until lightly crispy, 2-3 minutes per side. Rub each side of baguette slices with cut-side of garlic and cut-side of tomatoes. Set aside to cool.

Brush 2 cut sides of romaine quarters with remaining olive oil. Grill romaine quarters until lightly seared, 2-3 minutes per side. Sprinkle grilled romaine with salt and set aside to cool.

Place grilled romaine quarter, cut-side up, on top of a grilled baguette slice. Drizzle each with Caesar dressing and top with Parmesan cheese. Season with salt and black pepper to taste.

allrecipes.com

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Second Harvest: 6/11/13 & 6/14/13

Caesar Salad

- 1 head romaine lettuce
- 3/4 cup extra virgin olive oil
- 3 tablespoons red wine vinegar
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/4 tablespoon ground mustard
- 1 clove crushed garlic
- 1 egg
- 1 lemon, juiced
- freshly ground black pepper
- 1/4 cup grated Parmesan cheese
- 1-1/2 cups garlic croutons
- 1 (2-ounce) can anchovy filets

Clean lettuce thoroughly and wrap in paper towels to absorb moisture. Refrigerate until crisp, one hour or more.

In a bowl or jar combine oil, vinegar, Worcestershire sauce, salt, mustard, garlic and lemon juice. Whisk until well blended.

Coddle egg: Heat 3 cups of water to boiling; drop in egg (still in shell) and let stand for 1 minute; remove egg from water and let cool. Once cooled crack open and whisk egg into dressing. Whisk until thoroughly blended.

Mash desired amount of anchovies and whisk them into the dressing. If desired set aside a few for garnish.

To assemble, place torn lettuce leaves in a large bowl. Pour dressing over the top and toss lightly. Add the grated cheese, garlic croutons and freshly ground pepper, toss. Serve immediately!

allrecipes.com

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Sixth Harvest: 7/10/12 & 7/13/12

Honey-Balsamic Bean Salad

8 oz / 225 g (about 1-1/2 cups) EACH cooked chickpeas,
pinto beans, and black beans
1 small head of romaine lettuce, washed, dried, shredded
1/3 cup / 1 oz / 30g sliced almonds, toasted
2 teaspoons extra-virgin olive oil
1 1/2 tablespoons runny honey
2 tablespoons balsamic vinegar
1 1/2 tablespoons fresh lemon juice
1/4+ teaspoon fine grain sea salt
10 sprigs fresh thyme

Combine the beans, lettuce, and most of the almonds in a large salad bowl. Set aside. Make the dressing by whisking the olive oil, honey, balsamic vinegar, lemon juice, and sea salt in a small container. Taste, and adjust to your tastes.

Run your fingers up each thyme sprig, removing the leaves. Add to the salad bowl along with a good amount of the dressing. Toss well, and add more dressing if you like. Finish by sprinkling with remaining almonds.

Serves 4-6

Note from Heidi: Inspired by a recipe in *Teaching Dad to Cook Flapjack* by Miranda Gardiner (Hardie Grant Books, May, 2010). ...The original recipe called for green beans. I chopped up a head of structured, romaine lettuce instead. If you're trying to come up with a substitute for the green beans, imagine ingredients that might go nicely with the honey-balsamic vinegar. ... I would have used borlotti beans in place of the black beans, but I went with the beans I had on hand, rather than make a trip to the store.

www.101cookbooks.com