

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Twenty-first Harvest: 10/21/14 & 10/24/14

Vegetarian Pho

2 large onions, peeled and halved
nub of fresh ginger, peeled and sliced
4 cinnamon sticks
4 star anise
4 cloves
4 cardamom pods
1 tablespoon coriander seeds
4 large carrots, peeled and chopped
1 fennel bulb, quartered, stalks removed
1 teaspoon minced garlic
1 tablespoon shoyu or soy sauce
8 cups vegetable stock
1 head of bok choy, quartered
fresh thai basil
fresh mint
2 cups beansprouts
handful of limes, quartered
1 lb. brown rice noodles
shaved sweet onion slices

Heat oven to 450°F. Place onions and ginger slices onto a baking tray and roast in the oven for 10 minutes until the edges are starting to brown. Place spices in a heavy-pot and dry roast until aromatic, stirring to prevent from burning. Add vegetable stock, shoyu, carrots, fennel, and roasted onions and ginger. Bring to a boil and reduce heat. Cover and simmer for 30 minutes. Strain soup base through a fine mesh strainer to remove vegetables and debris, then return strained broth to the pot and reheat. Cook noodles according to packet instructions. Prepare serving bowl(s) with cooked noodles, bok choy, beansprouts, onion, fresh herbs, and lime wedges. When ready to serve, pour over hot broth and serve immediately.

www.happyolks.com

Heidi Swanson: Barely adapted from newly released Green Kitchen Travels by David Frenkiel & Luise Vindahl, [this] is everything I want in a cookbook: sincerity, originality, and spunk.

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

Roasted Spring Onion and Beet Salad

- 2 medium size spring onions, preferably red, sliced across the grain
- 3 tablespoons extra virgin olive oil
- 1 bunch beets (about 1 pound), roasted, peeled and sliced
- Salt and freshly ground pepper
- 1 tablespoon sherry vinegar or red wine vinegar
- 1/2 teaspoon balsamic vinegar
- 2 to 3 tablespoons finely chopped parsley or arugula
- 1 ounce toasted almonds, chopped (2 tablespoons chopped)

Preheat the oven to 425°. Toss the sliced onions with 1T of olive oil and salt to taste, and place on lightly oiled baking sheet. Roast 15 minutes, turning onions

over halfway through, until nicely browned and just beginning to blacken around the edges (not charred). Remove from heat.

Arrange the sliced beets on a platter. Arrange the onions over the beets. Sprinkle with salt and pepper. Whisk together vinegars, salt and pepper to taste and the remaining olive oil. Drizzle over the onions and beets. Sprinkle on the parsley or arugula and the almonds, and serve. *Serves six*

www.nytimes.com

Inspired by a recipe by the cookbook author Clifford A. Wright

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Twenty-second Harvest: 10/30/12 & 11/2/12

Onion Soup [Soupe à l'Oignon]

Soup:

- 1-1/2 lbs. (about 5 cups) thinly sliced yellow onions
- 3 tablespoons (1-1/2 ounces) unsalted butter
- 1 tablespoon olive oil
- 1 teaspoon table salt, plus additional to taste
- 1/4 teaspoon granulated sugar (helps to brown onions)
- 3 tablespoons all-purpose flour
- 2 quarts (8 cups) beef or other brown stock*
- 1/2 cup dry white wine or dry white vermouth
- Freshly ground black pepper
- 3 tablespoons cognac or brandy (optional)

Topping:

- 1 tablespoon grated raw onion
- 1 to 2 cups (to taste) grated Swiss (I often use Gruyere) or a mixture of Swiss and Parmesan cheese
- 1 tablespoon butter, melted
- 12 to 16 1-inch thick rounds French bread, toasted till hard

For soup: Melt butter and oil in the bottom of a 4 to 5-quart saucepan or Dutch oven over moderately low heat. Add onions, toss to coat in oil and cover the pot. Reduce the heat to real low and let them slowly steep for 15 minutes.

Then, uncover pot, raise the heat slightly and stir in the salt and sugar. Cook onions, stirring frequently, for 30-40 minutes

until they have turned an even, deep golden brown. Don't skimp on this step, as it builds the complex and intense flavor base that carries the rest of the soup.

After onions are fully caramelized, sprinkle with flour and cook, stirring for 3 minutes. Add the wine in full, then stock, a little at a time, stirring between additions. Season to taste with salt and pepper. Bring to a simmer and simmer partially covered for 30-40 more minutes, skimming if needed. Correct seasonings (go easy on the salt as the cheese will add a bit more saltiness) Stir in the cognac, if using (I think you should). Set aside.

Graîtinéed top: Preheat oven to 325°. Arrange six ovenproof soup bowls on a large, foil-lined baking sheet. Bring soup back to a boil and divide among bowls. To each bowl, add 1/2 teaspoon grated raw onion and tablespoon of grated cheese. Stir to combine. Dab croutons with butter and float a few dabs on top of soup bowls until well covered. Mound grated cheese on top (to get that gooey bubbling cheese lid, use at least 1/4 cup).

Bake soups on tray for 20 minutes, then preheat broiler. Finish for a minute or two under broiler to brown the top lightly. Grab pot holders, and serve immediately.

**Porcini or mushroom stock are good vegetarian substitutions.*

www.smittenkitchen.com

Adapted from Mastering the Art of French Cooking

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

Salsa Cruda *Makes about 4 cups*

6-8 medium-sized vine-ripe tomatoes (2 pounds)
1/2 medium yellow onion (sweet varieties are best)
2-3 fresh jalapeño chiles
1/2 cup chopped cilantro
salt to taste

Cut the tomatoes into small dice, using a sharp, serrated knife. Don't use the food processor for this, as it will turn the tomatoes into soup. If the tomatoes are very, very juicy, you could drain them a few minutes in a colander.

Finely chop the onion. Cut the jalapeños in half lengthwise, remove the ribs and seeds, and chop them finely. Remove the cilantro leaves from their stems and chop them roughly.

Toss all ingredients together in a bowl, add salt to taste, and lemon, if desired.

Source: The New Vegetarian Epicure by Anna Thomas