

FRY FAMILY FARM CSA NEWSLETTER

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Manny Lawrence's Organic Farm Family's Portuguese Kale Soup

1 pound chopped kale
1/2 pound chorizo, linguica, or other sausage
1 pound beef, with bone
1/2 cup cooked beans (I like to use white beans)
2 cups diced potatoes
1 medium onion, chopped
1/4 tsp. red pepper flakes, or equivalent
1/4 cup chopped fresh parsley, or equivalent dried
1/4 tsp. garlic, minced (I like to use a bit more!)
2 Tbs. coarse salt
Freshly ground black pepper, to taste
2 Tbs. brown sugar
2 Tbs. olive oil
6 quarts water, chicken or vegetable stock

In a large kettle, brown the beef and sausage in olive oil. Add the onions, brown sugar, salt, pepper, pepper flakes and garlic to the browned meat. When the onions have caramelized, add water or stock and parsley, and cook until the meat is tender. Add the beans, diced potatoes and chopped kale (I use the Italian Kale, or Cavalo Nero). Cook at a low boil until the potatoes are tender. This soup, like all soups, is best served the next day!

Manny tells us that back in the early fifties, his mother would substitute chicken when she could not get beef, and when she could not get meat at all, she would use sweet potatoes and red beans for a meaty substance. This is one of the best examples of a recipe that lends itself to innovation and experimentation! Manny's oral rendition of the recipe offers so many possibilities, both in method and ingredients. This is a good reminder of the vast culinary possibilities available to us all! I hope that you all will continue to be bold, and experiment with ingredients, flavors, and methods ... And that you find your way with the best of what is available in every season ... !

IN YOUR BOX:

Partial Share:

Salad Mix
Lettuce
Broccoli
Potatoes
Kale
Red Beets
Red Kuri Squash
Parsley
Globe Eggplant
Pie Pumpkin

Full Share:

Salad Mix
Lettuce
Broccoli
Potatoes
Chard
Kale
Beets
Carrots
Red Kuri Squash
Black Futsu
Parsley
Globe Eggplant
Pie Pumpkin

FLOWERS:

Decorative
Pumpkins!

Spicy Coconut Pumpkin

Pumpkin and curry powder are ideal mates. Combined with ginger, coconut milk, and a hint of cardamom, this dish is loaded with flavor and will bring praise to your table. For a hearty meal, enjoy this over basmati rice accompanied by kale and chutney. Serves 3-4.

INGREDIENTS:

3 T Butter
1 T Vegetable Oil
1 large onion, thinly sliced
1 T fresh minced ginger
2-3 t. curry powder
1 t. finely chopped jalapeno pepper
1/2 t. ground cloves
1/4 t. ground cardamom
1 1/2 pounds pie pumpkin, peeled, seeded, cut into 1/2 inch pieces
1/12 cups coconut milk
1 T raisins
1 t. maple syrup or brown sugar
salt & fresh ground black pepper

DIRECTIONS:

1. Heat the butter and oil in a heavy pan over medium heat. Add the onion; sauté until lightly browned, about 20 minutes. Add the ginger, cook for 3 more minutes.
2. Stir in the curry powder, jalapeno, cloves and cardamom; cook for 2 minutes stirring constantly.
3. Add the pumpkin chunks, coconut milk, raisins, and maple syrup. Cover, cook on low heat until pumpkin is tender, about 30 minutes. Uncover, and if the sauce is thin, let the coconut milk boil away until the mixture thickens to your liking. Season with salt and pepper to taste.

Curried Winter Squash Soup

INGREDIENTS:

3 T. Butter
1 cup chopped scallions
1/4 cup chopped fresh parsley
1 T. jalapeno pepper, seeded, finely chopped
2 cloves garlic, minced
2 pounds Winter Squash, peeled, seeded, cubed
4 cups chicken or vegetable stock
2 cups chopped, peeled, fresh tomatoes
12 whole fresh curry leaves
1/2 t. ground allspice
1/4 t. ground mace
pinch freshly grated nutmeg
2 t. curry powder
salt
fresh ground black pepper
1/4 cup chopped fresh parsley (garnish)

DIRECTIONS:

1. Melt the butter in a large saucepan over medium heat. Add the scallions, sauté until soft and wilted, about 3 mins. Stir in the parsley, jalapeno, and garlic; cook, stirring occasionally, for 5 minutes.
2. Add the squash and toss to coat it with the scallion mixture. Add the stock, tomatoes, curry leaves, allspice, mace, and nutmeg. Bring to a boil, reduce heat and simmer, covered, until the squash is very tender, about 45 minutes. Let cool slightly.
3. Transfer the soup in batches to a blender or food processor, puree.
4. Transfer the soup back to the pot. Stir in the curry powder and add salt and pepper to taste. Return the soup to a simmer to heat through. Garnish with parsley just before serving.