

Fry Family Farm

CSA Newsletter

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Easy Thai Red Curry Chicken Recipe

Ingredients:

1/2 medium chicken, cut into parts (remove as much of skin as possible)
2-3 kaffir lime leaves, OR substitute 1 Tbsp. lime juice
1 cinnamon stick (OR substitute 1/2 tsp. cinnamon)
fresh basil and coriander/cilantro for garnish

RED CURRY SAUCE:

1 can coconut milk
2 shallots OR 1/2 cup purple onion, sliced
1 thumb-size piece ginger
3 cloves garlic
3 Tbsp. fish sauce
1 Tbsp. chili powder
1 Tbsp. ground cumin
1 Tbsp. ground coriander or cilantro
2 heaping tsp. brown sugar
2 tsp. shrimp paste or oyster sauce
1 fresh red chili, minced, or 1 Tbsp. Red Curry Paste

VEGETABLES:

1 red bell pepper, chopped
2-3 tomatoes, sliced into wedges
1/2 to 1 eggplant, chopped into bite-size pieces (leave skin on)
1 cup chopped potatoes
1 cup chopped summer squash
Ancho or Anaheim Peppers
1 cup chopped green beans.

DIRECTIONS:

Preheat oven to 350 degrees. Place chicken pieces in a fairly large casserole dish. Place all curry sauce ingredients in a food processor or blender. Process well. Pour the curry sauce over the chicken. Stir well, so that each of the chicken pieces is covered with sauce. Add the lime juice and cinnamon, mixing these into the sauce. Cover and bake 45 minutes at 350 degrees.

Remove dish from the oven. Add the vegetables and stir them into the sauce. Return the curry to the oven for 15-20 minutes, or until chicken is well cooked. Do a taste test. If the sauce isn't salty enough, add more fish sauce (1 Tbsp. at a time). If it's too sour, add a little more brown sugar. If too spicy, add more coconut milk. If not spicy enough: add a few fresh-cut chilies or dried chili flakes/cayenne pepper. Dish the curry into a large serving bowl. Sprinkle generously with fresh basil and coriander/cilantro, and serve with plenty of Thai jasmine-scented rice. ENJOY!

IN YOUR BOX:

Partial Share:

Romaine Lettuce
Green Beans
Chiogga Beets
Green Onion
Basil
Delicata
Cucumber
Tomatoes
Cherry Tomatoes
Fennel
Red Potatoes
Red Bell Peppers

FLOWERS: Ornamental Peppers

Full Share:

Romaine Lettuce
Red Leaf Lettuce
Green Beans
Beets
Green Onions
Basil
Butternut Squash
Cucumbers
Tomatoes
Cherry Tomatoes
Fennel
Red Potatoes
Green Kale
Red Peppers

FLOWERS: Ornamental Peppers

REMINDER:

**PLEASE KEEP
PUTTING YOUR
OLD BOXES OUT
FOR US TO RE-USE!**

Lime Green Beans

Fresh lime juice and zest are perfect partners for tender green beans in this delicate sauté.

1 pound green beans, trimmed & halved
1 Tablespoon butter
1 teaspoon sesame oil
1 clove garlic, minced
Grated zest of 1 lime
1 Tablespoon fresh lime juice
Salt and pepper to taste.

Steam or cook green beans until just tender crisp. In a small skillet heat butter and sesame oil. Add garlic and sauté until fragrant. Add lime zest and juice and beans, tossing until combined. Add salt & pepper to taste. Serve immediately. *Serves 4-6.*

Suzi's Roasted Tomatoes

When the weather turns chilly, but we are still in the land of plenty with our summer veggies, it is nice to enjoy them cooked. Here's one of our favorite ways:

Sliced tomatoes
Olive oil
Parmesan Cheese, grated
Basil, chopped

Arrange slices of tomatoes in a single layer on a baking dish or sheet. Sprinkle with olive oil, Parmesan and basil, and salt & pepper. Roast in a 350-400 degree oven for 30 minutes. Enjoy!

Athenian Plaka Salad

Beautiful to look at and delicious to eat, the hearty flavor of this traditional Mediterranean salad is a real crowd pleaser.

1 pound fresh green beans, trimmed

DRESSING:

3 T. White wine vinegar
1 T. Lemon juice
1 Garlic clove, minced
4 Scallions, finely chopped (white part only, reserve green tops for garnish)
1/3 cup finely chopped fresh mint leaves
1/3 cup chopped fresh basil
1 T. chopped fresh oregano
1/3 cup olive oil
Salt & pepper
1/2 cup crumbled feta cheese
1/2 cup toasted slivered almonds
2 hard boiled eggs, chopped fine.

GARNISH:

Reserve scallion tops

Combine dressing ingredients well and reserve. Bring a large pot of lightly salted water to a boil. Put in green beans and cook until just tender-crisp, about 3-5 minutes. Drain beans in a colander and plunge immediately into ice water to stop cooking action. Drain on paper towels. Mix dressing thoroughly with beans. Arrange beans in a pinwheel fashion on a large platter. Mound crumbled feta in center of platter, and surround with nuts and chopped eggs, and sprinkle reserved scallion tops over all.