

GROUNDWORK ORGANICS



July 27, 2016

In your box

Green cabbage
Romano green beans
Red potatoes
Corn
Dill
Diva Cucumbers
Tomatoes
Padron peppers
Vates Kale
Peaches or strawberries
(switch next week)

Needed to make a few switches from the proposed list, sorry for any inconvenience. **Green cabbage** and some beautiful **diva cucumbers** from a new planting just on, in place of cauliflower and rainbow carrots – also, this was a good week to include **Padron peppers** for everyone, so cherry tomatoes next week. These are a classic Spanish tapas pepper, thin walled and typically prepared as a little appetizer.

Padron Peppers, Tapas Style

Over high heat in a medium cast iron skillet or similar, heat 2 tablespoons good quality olive oil. Remove any leaves still on the peppers, and when the pan is good and hot, add the peppers one layer deep.

Cook for 30 seconds, shake the pan to turn peppers, and cook another minute or two, flipping a few more times. They should be blistered and a little charred in spots, and just beginning to collapse. Remove from the pan to a serving plate, and salt to taste with your best coarse sea salt.

Eat them whole, using the stems as a little handle. They are mostly mild, with every one in ten pretty hot. Excellent served with a scoop of fresh chevre cheese to cut the heat.

Corn is fun to play around with once you've had your fill of eating it off the cobb and getting it stuck in your teeth. This is one of my favorite dishes, top it with any sauteed vegetable or green that sounds good to you. The polenta loaf keeps well for 4-5 days wrapped tight in the fridge.

Fresh Corn Polenta

6 cups water
2 teaspoons salt
1 1/2 cups coarse polenta
2 ears corn
2 tablespoons butter
2 tablespoons grated parmesan
sliced tomatoes or tomato sauce and mozzarella cheese for the top

Bring water to a boil in a heavy bottom pot. Add salt and return to a boil. Add polenta in a very slow, steady stream, stirring constantly. Continue cooking and stirring often (not exactly continually, but close) over medium heat about 25 minutes more. Stir in corn, butter and grated parmesan cheese, and cook 5 minutes more. Pour directly into a regular size loaf pan, and cool. (This can be done several hours in advance)

Meanwhile, prepare your vegetables – slice cherry tomatoes in half, remove stems from spinach, briefly sautee coins of squash, tear up a few basil leaves. Of course, you can get creative here, - caramelized onions would be fabulous too. Thinly slice 1/2 pound or so good quality mozzarella.

When polenta has cooled, unmold onto a cutting board and cut into 1 inch slices. Heat a few tablespoons olive oil in a large oven-safe pan, and sear polenta slices on one side. Flip, scatter cherry tomatoes, spinach, then zucchini over the polenta, then top with cheese. Cook a minute more on the stove, then place under the broiler until golden and bubbly. Any extra polenta will keep well for a few days wrapped in the fridge.