

GROUNDWORK ORGANICS



October 19, 2016

In your box

Sunchokes
Nantes carrots
Padron Peppers
Brussels sprouts
Chard
Red potatoes
Yellow onions
Green Cabbage
Lemongrass
Sweet Dumplings

A few changes from the proposed list, no lettuce this week, and we switched red peppers for **padrons** to mix things up a bit. Also in the box are **sunchokes**, which can be eaten thinly sliced raw on salads, or cooked like you would (or even with) potatoes – they would be delicious together in a soup or gratin. The eclectic recipe below is a total original, something we were lucky enough to try in person at Bar Tartine last winter. They use it as a finishing touch on squash purees, soups and salads - it lends an extremely earthy and satisfying flavor without overpowering.

Sunchoke Oil

From Bar Tartine by Nicolaus Balla & Courtney Burns

1 ¼# sunchokes, grated
½ cup filtered grapeseed or sunflower oil

Preheat the oven to its lowest setting, 175 if possible. In a medium baking dish, combine the sunchokes and oil, distributing the sunchokes evenly. Cover and cook until the oil is aromatic and infused with the flavor of the sunchokes, about 12 hours. Let the oil cool to room temperature.

Line a fine mesh sieve with cheesecloth or a coffee filter and set over a medium bowl. Strain the oil through the prepared sieve and discard the solids. Transfer the oil to an airtight container and refrigerate for up to 1 month.

Lemongrass grows well here in cold frame greenhouses. With enough heat, it grows so vigorously that it's planted in many parts of Asia for erosion control. We start it in January and begin harvest in September. Use the bottom thicker end, cut into small pieces that can be removed once they've imparted their flavor in curries or stir fry. The upper stalk can be used for tea. Lemongrass can also be easily dried and stored in a tight lidded jar for use all winter.

Roasted Onions with Vinegar

From Bon Appetit, Oct. 2016

'Elevating the humble onion: Roasting them in their skins retains their natural sugars, and they get meltingly soft without disintegrating'.

4lbs onions
2 tbsp olive oil
2 tbsp red wine vinegar
kosher salt and freshly ground pepper

Preheat oven to 400 degrees. Arrange onions on a rimmed sheet and roast, shaking baking sheet halfway through, until the innermost layers of largest onions are just tender (some of the onions will be jammy and others will have some bite to them), 30-40 minutes. If you have one, a cake tester is a great tool to check doneness.

Transfer onions to a clean surface and let cool slightly. Halve through root ends and remove papery layers. Separate layers into individual petals and transfer to a platter or a large bowl. Drizzle with oil and vinegar and toss gently to coat; season with salt and pepper. (*Served as a side with roasted lamb in the article, but would be delicious alongside other meat or potatoes as well*).