

GROUNDWORK ORGANICS



August 23, 2023

In your box

Little Gem romaine
Summer Crisp lettuce
Slicing cucumbers
Cherry tomatoes
Beefsteak tomatoes
Carrots
Yellow bell peppers
Shishito peppers
Fresh shallot bunch
Corn

Keeping it simple with a few great recipes this week. Thank you, enjoy!

Creamed Shishito Peppers from the website Serious Eats

1 tablespoon extra-virgin olive oil
8oz shishito or padron peppers, stemmed and thinly sliced into rounds
2 medium shallots, thinly sliced
2 garlic cloves, thinly sliced
Kosher salt and fresh ground pepper
1 cup heavy cream
1 oz grated Parmigiano-Reggiano cheese & pinch of nutmeg

Directions: In a 10-inch skillet, heat oil over medium heat until shimmering. Add peppers, shallots and garlic, season with salt and pepper, and cook stirring frequently with rubber spatula until vegetables are softened but not brown and peppers are still bright green, 5-7 minutes. Add heavy cream, season lightly with salt and bring to a rapid simmer. Lower heat and simmer for another 5-7 minutes, stirring frequently until cream is reduced to a saucy consistency. Remove from heat, add parmesan and nutmeg, and season with salt and pepper. Spread on toast, use as a dip or pizza topping, keeps well in a lidded container in the fridge.

Crying Tiger Fiery Grilled Beef Salad from our dear friend and talented Professor Damian Hommel

Marinade:

1/4 cup fish sauce
1 Tbs soy sauce
1 Tbs lime juice
1 tsp sugar or honey
2 green onions, thinly chopped, or handful chopped chives
1 to 1 1/4lb. Tri-tip, Rib Eye or other thick cut beef (the thicker the better)

Combine ingredients and stir until sugar/honey is dissolved. Add to beef at least 2 hours, preferably 8 hrs before grilling. Refrigerate until two hours before grilling. It's very important that the beef is room temperature before placing on the grill. Prepare a very hot charcoal or gas grill. Sear the outside turning occasionally (5-10 minutes on each side) until the outside is charred but the inside remains pink. Slice the meat in thin strips once finished and set aside in a tray or bowl that keeps the juice.

Sauce ingredients:

1/2 cup chicken or vegetable stock
2 green onions or green garlic, coarsely chopped
1/4 cup finely chopped shallot
1/4 cup freshly cut cilantro
2 Tbsp fish sauce
2 Tbsp lime juice
1 tsp freshly ground fresh chilies (Thai dragon are the most authentic, though serrano or jalapeno will work). 1 tsp sugar or honey
1/4 cup fresh basil, thai basil or sub red shiso
1/4 cup fresh mint
4 kaffir lime leaves (available in Asian grocery stores): cut out the central stem and slice thinly

Salad:

3-4 whole baby gems
3 small or 1 large cucumber, (or thin sliced radish or carrots) 1 pint cherry tomatoes or wedged heirlooms

Bring the chicken stock to a boil in a wide pan. Once boiling, add the onions/ garlic and shallot, reduce heat to a simmer. Wash, separate and dry the baby gems, cut the cucumber in fine slices and halve the tomatoes. Arrange in a platter or on individual plates. Add the beef to the broth and the rest of the ingredients and let simmer for 3-5 minutes, stirring to make sure the herbs are mixed. Taste the sauce and adjust to your liking by adding additional fish sauce, lime juice, chili, or sugar. Transfer the beef on top of the salad, adding the juice generously as a dressing. Serve a.s.a.p. Serves 4, best with sticky rice and lager beer.