

# GROUNDWORK ORGANICS



August 30, 2023

## In your box

Romaine lettuce  
Red radishes  
Bunched spinach  
Rainbow carrots  
Green beans  
Beefsteak tomatoes  
Jimmy Nardello peppers  
Jalapeño/serrano mix  
Green onions  
Interlaken grapes

It's the height of pepper season around here. Every winter we swear we're going to pare it down and grow fewer varieties, but somehow the seed orders go in and sure enough we couldn't resist a handful of extras. These long red crinkly **Jimmy Nardellos** are an Italian frying pepper, no heat, just sweet and deeply flavored. They came to our attention years ago when they were inducted into Slo Food's Ark of Taste, a collection of "small-scale quality productions that belong to the cultures, history and traditions of the entire planet... to draw attention to the risk that they might disappear within a few generations." From the Basilicata region of Southern Italy, they were brought over by their name sake seed collector when he immigrated to Connecticut in 1887. They can be eaten fresh and raw ("an almost uncanny sweet, fruity flavor") or cooked like a padron, quickly at a high temperature until soft and creamy, with no need to cut off the tops or remove seeds unless you care to. There's also a mix of **jalapeños** (take out the seeds and they're not crazy hot) and **serranos** (quite a bit of heat). Here are two decadent recipes from Joshua McFadden's *Six Seasons, A New Way with Vegetables* that you might enjoy, now that we can even consider turning our ovens on. Enjoy a nice cool week that comes as a blessing for so many reasons, *Sophie*

### **Red Pepper, Potato and Prosciutto Frittata Topped with Ricotta**

1/2 pound potatoes, any kind  
Kosher salt and fresh ground black pepper  
2 tablespoons unsalted butter  
2 sweet peppers or 6-8 Nardellos, seeded and julienned  
1 bunch scallions, trimmed and sliced on a sharp angle  
4 oz prosciutto, cut into thin strips  
6 eggs  
1/2 cup finely grated parmesan cheese  
Extra virgin olive oil  
1/2 cup whole milk  
Ricotta cheese, seasoned lightly with salt and pepper and stirred

Put the potatoes in a large pan of salted water, bring to a boil and cook until tender but not mushy, 15-20 minutes. Drain. When cool enough to handle, cut into small chunks.

Heat oven to 400.

Heat the butter in a 10-inch oven proof skillet over medium high heat. Add the peppers, scallions and prosciutto, season lightly with salt and pepper and cook until fragrant and peppers soften, 5-7 minutes. Add potatoes.

Crack the eggs into a large bowl, add 1 teaspoon salt, lots of black pepper and the parmesan. Whisk until the eggs are nicely blended. Pour the eggs over the ingredients in the skillet.

Reduce heat to medium and let the eggs sit peacefully for about 2 minutes. Then carefully slip the spatula around the edges of the eggs, releasing them from the pan, allowing more egg to flow underneath. Repeat this process until you have built several layers of cooked egg. After most of the liquid egg has cooked but the top is still runny, dollop ricotta over the top in 8 blobs, transfer the pan to the oven and finish cooking, about 5 minutes. It should puff a bit and the top will get lightly brown. Let it sit in the pan a few minutes before sliding onto a plate, serve warm with a big salad.

### **Sweet and Hot Peppers, 'Nduja, and Melted Cheese**

'Nduja is a spreadable fresh sausage from Calabria, with a spicy bite and the tang of a good salami. If you can't find it, you could substitute a small dice of Spanish chorizo or soppressata. The dish is best eaten right out of the oven, so have some cold white wine or good beer and crusty bread at the ready.

Extra virgin olive oil  
3 or 4 garlic cloves, smashed and peeled  
1 bunch scallions, cut into 3 inch slices  
1 to 3 jalapeños, seeded deribbed and thinly sliced  
1/4# 'nduja or chorizo  
1 large sweet red pepper, roasted, peeled and cut into strips  
or 6-8 Jimmy Nardellos, stems removed, sauteed and halved  
A few sprigs thyme  
1/4 pound Fontina cheese, coarsely grated  
1/2 pound taleggio cheese, cut into chunks  
Toasted country bread

Heat a large skillet over medium heat. Add a couple of tablespoons olive oil and the garlic and cook slowly to toast the garlic so it's very fragrant and soft, about 5 minutes.

Add the scallions and jalapeños and cook until they are soft and lightly browned, another 5 minutes. Smash the garlic as your cooking so it breaks up into little bits.

Heat the oven to 450. Spread the 'nduja in an even layer on the bottom of a small 4cup casserole dish, or among 4 individual baking dishes. Layer on the roasted pepper and the cooked scallion, garlic and jalapeños. Sprinkle the thyme all over and then mix the two cheeses together and pile them in. Drizzle with a healthy shot of olive oil and bake until bubbling and melty, about 10 minutes. Serve with toasted bread.