

GROUNDWORK ORGANICS



August 8, 2018

In your box

Iceberg Lettuce
Bunched Spinach
Red onion
Tomatoes
Corn
Fresh shallot bunch
Anaheim peppers
Russet potatoes
Melon/Watermelon

Anaheim peppers are the classic variety used for chili relleno, and especially wonderful when roasted, then peeled and seeded. There's a million ways to batter a pepper, I've always opted for beating the egg whites and gently folding in the yolks, but our dear comrade Sheilah has offered up her new method, which sounds pretty fool proof.

Chili Relleno

Roast Anaheim chilies whole over a gas flame or grill till nicely charred. You can also do them under the broiler. Put charred peppers in a bowl and cover, allowing them to steam. Rub off skin, make a small slit and remove seeds. Cut Monterey jack cheese into long sticks, and insert a piece or two into each pepper. Dredge in flour, hold cut edge gently together & dip into batter. Fry in at least an inch of hot vegetable oil.
For the Batter: Mix together 1 cup milk, 1 cup flour, 1 tsp baking soda, 1 tsp baking powder, 1 tsp salt and 1 egg.

Tortilla Soup

My version of a traditional dish. The broth is light, infused with tomato and cooked with chili and garlic for spice. Everything substantial happens at the very end, on top. Really simple.

4 cups homemade vegetable or chicken stock
2 small or 1 medium tomato, diced
3 cloves garlic, sliced
1/2 shallot or onion, chopped fine
1 sprig oregano
3 tablespoons olive oil
1 whole dried chili
salt and pepper to taste
1/2 cup shredded jack cheese
1-2 Anaheim pepper, roasted peeled and seeded
3-4 corn tortillas
1-2 tablespoons canola oil
finely chopped green onion, cilantro, fresh cut corn, sliced avocado (*optional*)

Heat olive oil over medium heat in a heavy-bottomed pot. Add garlic and tomatoes and cook for a few minutes. Add chicken stock and chili, season with oregano sprig, salt and pepper and simmer over very low heat for at least 30 minutes. Adjust seasoning to taste.

When broth is nearly done, remove oregano and chili. Cut tortillas into 1/4" thick strips and fry in a small pan with a bit of canola oil until crisp. Remove with slotted spoon and drain on paper towel. Ladle soup into bowls, top with tortilla strips, a handful of cheese, strips of Anaheim chili and chopped green onions, cilantro, corn & avocado. Serves 4

Watermelon Agua Fresca

For about 2 quarts, cut a medium watermelon (or substitute melon such as honeydew or cantaloupe) into big chunks, carve away all the rind, remove most seeds, and cut the flesh into smaller chunks. Working in batches, liquefy the melon in a food processor or blender, pulsing for about a minute in brief spurts so as not to grind up any left over seeds. Strain, pushing as much pulp through the strainer as you can. You should have about 5 cups juice. Thin out with about 2 cups water, 1/4 cup sugar and the juice of one lime. Chill in the refrigerator, and serve over ice. From *Chez Panisse Fruits* by Alice Waters.