

GROUNDWORK ORGANICS



July 28, 2021

In your box

Iceberg Lettuce
Red Butter Lettuce
Celery
Yukon Gold potatoes
Corn
Shishito peppers
Grape tomato mix
Basil
Blackberries

Shishito peppers this week are similar to Padrons, but tend to be a little more mild. They can be prepared just the same way, blistered in a hot pan with a little olive oil and finished with coarse salt, or try them in the recipe below, recommended by my dear sister Jen. A couple very nice plantings of **corn** coming on - try grilling it till lightly charred, rolling in a little butter or mayo, and seasoning with finely crumbled cotija, salt and chili powder and a squeeze of lime for the classic Mexican street food effect. The recipe below is a little more involved, but one of my favorites. Enjoy, everyone!

Creamed Shishito Peppers

from Serious Eats website

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

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.

Fresh Corn Polenta

6 cups water
2 teaspoons salt
1 1/2 cups coarse polenta
2 ears corn, kernels cut from the cobb
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 any extra vegetables you might like (cherry tomatoes, spinach, sautéed zucchini) over the polenta, then top with grated mozzarella 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.

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