

# GROUNDWORK ORGANICS



May 29, 2019

**Rhubarb** one last time this week while in its prime with this lush cool spring weather we're getting. If you don't have plans to use it soon, know that it freezes incredibly well. Chop into 1/2 inch slices and place in a zip lock freezer bag. Include it directly from the freezer into your favorite recipe. **Chard** and **red onions** have an incredible synergy together, give the onions an extra few minutes in the pan to just slightly caramelize, then add chopped chard and cook till wilted. The sweetness of the onion balances the slight bitterness of the chard. Toss in the beet or turnip greens while you're at it.

I became a little obsessed with trying my hand at ramen this winter, and found my way to Ivan Orkin's book, Ivan Ramen (he's the Long Island Jew that moved to Tokyo and opened what is now one of the most beloved ramen joints in the region). It's a fully involved, 30 page recipe but each step can be utilized in various ways for other dishes towards the back of the book. His original recipe for chicken katsu includes using schmaltz or chicken fat along with vegetable oil for frying, and I'll admit it's absolutely delicious that way (Longs Meat Market sells one pound packages of frozen chicken skin which can be rendered down if you care to experiment) but it's great without, too. The **green cabbage** is totally crucial, such a simple way to enjoy how refreshing and crisp it is, and also my excuse for including this recipe. Thanks everyone, hope you

enjoy some lovely meals together!  
Sophie

## Chicken Katsu

Adapted from Ivan Ramen by Ivan Orkin

4 skinless boneless chicken breasts	1 1/2 cups panko
2 cups cold water	vegetable oil for frying
2 tablespoons plus 1 teaspoon salt	1/2 cup rendered chicken fat or schmaltz (optional)
1 clove garlic, crushed	warm steamed rice and
1/2 head green cabbage	bottled tonkatsu sauce for serving
1/2 cup all purpose flour	
2 large eggs	

Place each breast between two sheets of plastic wrap or parchment paper. Pound the breast flat Using a meat mallet or the bottom of a saucepan until its uniformly about 1/2 inch thick. Mix together the water, salt and garlic, and stir until the salt dissolves. Add the chicken to the Brine and soak for 30 minutes while you prepare the other ingredients. Shred the cabbage with a sharp knife or mandoline, reserve in a bowl of cold water. Place the flour, eggs and panko in three separate shallow vessels. Beat the eggs. Remove the breasts from the brine and quickly pat them dry. Dredge each breast in the flour and shake off the excess. Next, give the breasts a quick dip in the egg, again shaking off any excess. Finally, coat the breasts with panko. Press the breadcrumbs onto the meat to form a solid crust. Choose a saute pan large enough to hold two of the chicken breasts. Heat at least 1 inch of vegetable oil in the pan over medium heat to 350 degrees (along with up to 1/2 cup of schmaltz or rendered chicken fat if you have on hand or so desire). Carefully slide in 2 breasts. Fry until crisp on both sides, 3-4 minutes per side. Remove the fried chicken to a paper towel-lined plate and season with salt. Cook the remaining breasts the same way. Drain the cabbage well. Serve the chicken with rice and a pile of cabbage on the side. Drizzle tonkatsu sauce all over everything.

## In your box

Little Gem Lettuce  
Baby spinach  
Green cabbage  
Hakurei turnips  
Red Ace beets  
Red onions  
Chard  
Rhubarb  
Strawberries

## Pickled Red Onions

From Chez Panisse Vegetables

2 large red onions  
1/2 cup red wine vinegar  
3 tablespoons sugar  
1/2 cup water

Peel the onions and cut them in half Lengthwise. Slice them very thin – as close to paper thin as possible. Put them in a heat proof container. Put the vinegar, sugar and water in a small saucepan and bring to a boil. Add the boiling hot brine to the onions and leave to cool at room temperature. Drain just before serving. Use on burgers, sandwiches, or in composed salads. Keeps for up to one week in the fridge.