

GROUNDWORK ORGANICS



October 12, 2022

Thanks everyone, we have two weeks left of the CSA and we'll make them count! Boxes run thru Oct. 26th. If you haven't made it out to the farm stand for your pumpkins, this would be a perfect weekend to come to the patch. Lots to choose from, two free per CSA family. Hope to see you soon! Below are two of my very favorite recipes. *Sophie*

Cherry Tomato and Caramelized Onion Tart

This delicious tart shell recipe, plus basic but delicious custard are a great jumping off point for all kinds of creations. The original recipe is a wild mushroom tart from Tartine by Elisabeth Prueit and Chad Robertson.

Flaky tart dough

1 tsp salt
2/3 cup water, very cold
3 cups + 2 tbsp all purpose flour
1 cup +5 tbsp unsalted butter, very cold

makes 2x10" crusts

In a small bowl, combine the salt and water and stir to dissolve. Keep very cold until ready to use. Cut the butter into 1 inch pieces and scatter over the flour in a food processor. Pulse briefly until the mixture forms large crumbs, and some of the butter is still in pea-sized pieces. Add the water and salt mixture, and pulse for several seconds until the dough comes together but is not completely smooth. On a lightly floured surface, divide into two equal balls, flatten, and refrigerate in plastic wrap for 2 hrs. Roll out, pat into tart pan and trim, chill again 30 minutes, then partially bake at 375 for about 20 minutes. If it rises up in the center, gently pierce with knife.

For the filling

Prepare 1x10" partially baked and cooled tart shell. Turn oven to 350. In a baking dish with plenty of room, combine one pint cherry tomatoes with enough olive oil to coat, a few cloves of garlic and a little coarse salt. Roast for 35-45 minutes until some have burst and given up a bit of liquid. Meanwhile, sauté one sliced large sweet onion in a few tablespoons of butter over medium-low heat until they have taken on some nice color, about as long as the tomatoes take.

Combine 1 cup crème fraiche with 3 large egg yolks, and 1 tbsp chopped thyme or other fresh herb and salt and pepper to tastes. Whisk until smooth. Pour the custard into the shell over the tomatoes and onions. Bake until the custard is barely firm to the touch in the center, about 20 minutes. Let cool on a wire rack, serve warm or at room temperature.

Pumpkin Gruyere Soup

From The Greens Cookbook by Deborah Madison

THE STOCK

Seeds and scrapings from the pumpkin
2 carrots, peeled and diced
1 celery stalk, plus some leaves, chopped into small pieces
1 turnip or parsnip, peeled and diced
2 bay leaves
5-6 fresh sage leaves
4 parsley branches
3 thyme branches
1/2 teaspoon salt
8 cups cold water

THE SOUP

1 pumpkin or Potimarron, weighing about 2.5#
3 tablespoons butter
1 medium yellow onion, cut into 1/4 inch dice
1/2 - 1 teaspoon salt
6 to 7 cups stock
1/2 to 1 cup light cream or whole milk
white pepper
3 oz gruyere cheese, finely grated

For the stock, cut the pumpkin or squash in half and scrape out all the seeds and stringy material with a large metal spoon. Put them in a pot with the remaining ingredients, bring to a boil, simmer for 25 minutes, and then strain (*if you don't have every last ingredient for the stock, don't worry. The key to this stock is the seeds and scrapings from the pumpkin*).

Preheat the oven to 400. Bake the pumpkin or squash halves, face down, on a lightly oiled baking sheet until the skin is wrinkled and the flesh is soft, about 1 hour. Remove them from the oven, and when cool enough to handle, peel off the skin. Reserve any caramelized juices that may have collected on the pan.

Melt the butter in a soup pot, add the onion, and cook over medium heat for about 5 minutes. Add the cooked pumpkin, the juices, if any, the salt and 6 cups of the stock. Bring to a boil, then simmer, covered for 25 minutes.

Pass the soup thru a food mill, which will smooth it out while leaving some texture. Return the soup to the pot and add the cream and more stock, if necessary, to thin it.

Taste for salt and season with fresh ground pepper. Stir in the grated cheese and serve the soup with thyme leaves scattered over it.

In your box

Red kitten spinach
Carrots
Cherry tomatoes
Cilantro
Onions
Jalapeño peppers
Italian kale
Red Ace beets
Sweet potatoes
Potimarron squash