

GROUNDWORK ORGANICS



October 28, 2020

In your box

Celery
Carrots
Broccoli
Green onions
Bunch baby daikon
'Red Modoc' potatoes
Shallots
Quince
Butternut Squash

Daikon radish can be eaten raw or cooked, but at this young stage I think they're most special fresh. Try grating them on a box grater together with carrot, 1:1 and add a little sweetened rice vinegar and maybe some chopped cilantro. Would be wonderful on a bahn mi style sandwich, or alongside steam buns or pot stickers.

We laid off harvesting the majority of our **quince** this year until Friday, right before the super cold temps set in. They turn a brighter shade of yellow and start giving off a lovely scent when they're truly ripe, but the weather will dictate if you can leave them on the trees that long. This year we were able to, and the quality is excellent. They need to be cooked to remove their astringency, at which point they exude a delicate floral flavor and take on a beautiful rosy pink color. Most recipes will call for poaching them first to some degree in water and sugar, I tried cooking them down, peeled and cut into chunks, with 8 cups water to 1 ¼ cup sugar for about 3 hours, and strained it for a thickened quince syrup to flavor sparkling water and some pillowy soft cubes I've put away in the fridge to bake with soon. One of the most unique uses is the singularly delicious Spanish preparation membrillo which calls for reducing quince down, pureeing into a paste, and then baking it at very low temps until you end up with an unctuous gel thick enough to cut. Here's my friend Ariel's recommended recipe, I've got mine on the stove right now. You may need to pick up a few more quince or else cut the recipe in half. Or try a batch of quince preserves, I had one CSA member write to say she swooned over the results from this very simple recipe – again, you could cut the recipe in half or pick up a few more quince at market.

Quince Preserves

from *Ball Blue Book Guide to Home Canning*

7 cups quartered, peeled, cored quince (about 3 pounds)
3 cups sugar
2 quarts water

When preparing quince, discard all gritty parts. Combine sugar and water in a large saucepot. Boil 5 minutes. Add quinces; cook until fruit is transparent and syrup is almost to gelling point, about 1 hour. As mixture thickens, stir frequently to prevent sticking. Remove from heat. Skim foam if necessary.

Ladle hot preserves into hot jars. For a small batch, you could simply cap the jars and put in your fridge where it will store well for up to six weeks. If you'd like to can the preserves, leave ¼ inch headspace, adjust-two piece caps and process 15 minutes in a boiling-water canner. Yield: about 4 ½ pints.

Membrillo (Spanish Quince Paste) from *Simply Recipes.com*

4 pounds quince, washed peeled cored and roughly chopped
2 strips lemon zest, yellow peel only (½ inch x 2 inch each)
3 Tbsp lemon juice
About 4 cups sugar – exact amount will be determined during cooking

Place quince in a large sauce pan (6-8 quarts) with lemon zest, cover with water and bring to a boil. Reduce to a simmer, cover and let cook until pieces are fork tender, about 30 minutes. Strain the water from the quince pieces, keeping the lemon peel with the quince. Puree the quince in a food processor, blender or by using a food mill.

Measure the puree. Whatever amount you have, that's how much sugar you will need. Return the quince puree to the large pot. Heat to medium-low. Add the sugar. Stir with a wooden spoon until the sugar has completely dissolved. Add the lemon juice. Continue to cook over a low heat, stirring occasionally for 1 hour – 1 ½ hours until the quince paste is very thick and a deep pink color

Preheat your oven to lowest possible setting, 125 degrees if possible. Line a 8x8 baking pan with parchment paper, greased with a thin coating of butter. Pour the cooked quince paste into the paper-lined baking pan. Smooth out the top of the paste so it's even. Bake 1 hour or a little longer to help it dry out. Use the convection setting if possible. To serve, cut into squares or wedges, with Manchego cheese. Store in fridge, wrapped tight in foil or plastic wrap or in an air tight container.