

# GROUNDWORK ORGANICS



September 8, 2021

## In your box

Iceberg lettuce  
Bunched spinach  
Cucumbers  
Beefsteak tomatoes  
Jalapeño peppers  
Cilantro  
Eggplant  
Red onion  
Yellow potatoes  
Canadice grapes

Lots to play with this week! Spinach saag paneer with a yogurt cucumber sauce, eggplant baba ganoush with plenty of cilantro, German Butterball potato salad with diced red onions, iceberg wedge salad with bacon and blue cheese, fresh pico de gallo and jalapeño margaritas. Plus a few more ideas below to keep you all busy.

For families and teachers, it's back to school we go. Hoping things flow smoothly enough, and we all get back into a good groove. Wondering if I still know how to pack a lunch. Thanks everyone! *Sophie*

### **Eggplant Parmigiana**

*From Vegetables from an Italian Garden*

2 large eggplants sliced lengthwise ½ inch thick  
All-purpose flour for dusting  
5-6 tablespoons olive oil  
2-3 cups peeled, seeded and chopped tomatoes  
1 sprig basil  
1 cup grated parmesan  
9 oz mozzarella cheese, sliced  
2 eggs lightly beaten  
Salt to taste

Season the eggplant slices with salt and dust with flour. Heat 2 tablespoons of the oil in a large skillet. Add the eggplant slices, in batches, and cook for 5 minutes on each side, until golden brown. Remove with a spatula and drain on paper towels. Cook the remaining batches in the same way, adding more oil as necessary. Meanwhile, put the tomatoes into a heavy pan, tear in the basil leaves and simmer gently, stirring occasionally for 15-20 minutes until pulpy and thickened.

Preheat the oven to 350. Spoon some of the tomato sauce over the bottom of an ovenproof dish and make a layer of eggplant slices on top. Sprinkle with a little parmesan, top with some slices of mozzarella, and drizzle with a little beaten egg. Continue making layers in this way until all the ingredients have been used, ending with a layer of tomato sauce. Drizzle with olive oil and bake for 30 minutes until golden and bubbly.

Serves 4

### **Zhoug (spicy cilantro sauce)**

Thanks to CSA member Kristina McCann for sending this recipe in, which could be cut in half for a smaller batch if short on cilantro.

4 medium cloves garlic, roughly chopped  
2 packed cups cilantro, mostly leaves but skinny stems are ok  
4 medium jalapenos, seeds removed but reserved  
1 teaspoon fine sea salt  
1 teaspoon ground cardamom  
¾ teaspoon ground cumin  
½ teaspoon red pepper flakes  
¾ cup extra virgin olive oil

Place garlic in food processor until the garlic is broken into tiny pieces. Add the cilantro, jalapeno, salt, cardamom, cumin and red pepper flakes. Process until the mixture is all mixed together and very finely chopped. While running the food processor, slowly drizzle in the olive oil. Scrape down the sides and blend until the sauce is mostly smooth. Adjust to taste – for a spicier sauce add the jalapeno seeds or additional red pepper flakes and blend again. Chill for an hour before serving to allow flavors to combine