

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Twenty-first Harvest: 10/21/14 & 10/24/14

Vegetarian Pho

2 large onions, peeled and halved
nub of fresh ginger, peeled and sliced
4 cinnamon sticks
4 star anise
4 cloves
4 cardamom pods
1 tablespoon coriander seeds
4 large carrots, peeled and chopped
1 fennel bulb, quartered, stalks removed
1 teaspoon minced garlic
1 tablespoon shoyu or soy sauce
8 cups vegetable stock
1 head of bok choy, quartered
fresh thai basil
fresh mint
2 cups beansprouts
handful of limes, quartered
1 lb. brown rice noodles
shaved sweet onion slices

Heat oven to 450°F. Place onions and ginger slices onto a baking tray and roast in the oven for 10 minutes until the edges are starting to brown. Place spices in a heavy-pot and dry roast until aromatic, stirring to prevent from burning. Add vegetable stock, shoyu, carrots, fennel, and roasted onions and ginger. Bring to a boil and reduce heat. Cover and simmer for 30 minutes. Strain soup base through a fine mesh strainer to remove vegetables and debris, then return strained broth to the pot and reheat. Cook noodles according to packet instructions. Prepare serving bowl(s) with cooked noodles, bok choy, beansprouts, onion, fresh herbs, and lime wedges. When ready to serve, pour over hot broth and serve immediately.

www.happyolks.com

Heidi Swanson: Barely adapted from newly released Green Kitchen Travels by David Frenkiel & Luise Vindahl, [this] is everything I want in a cookbook: sincerity, originality, and spunk.

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Seventeenth Harvest: 9/23/14 & 9/26/14

Oven-Roasted Potatoes & Carrots

Serves 6

- 2 pounds Yukon Gold potatoes, scrubbed and halved lengthwise
- 2 pounds carrots, peeled, halved lengthwise, then halved crosswise
- 2 tablespoons olive oil
- 1/2 teaspoon coarse kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons minced fresh thyme
- 1/2 tablespoon butter

Preheat oven to 400°F. Bring a large pot of water to a boil over high heat and add potatoes. Boil until barely tender when pricked with a fork, about 5 minute; drain completely and spread in a single layer on a large rimmed baking sheet. Add carrots, drizzle vegetables with olive oil, season generously with salt and pepper, and gently toss to coat evenly. Bake, stirring occasionally, until potatoes are golden brown, about 20 minutes.

Transfer vegetables to a large bowl and add thyme and butter; gently toss to coat evenly. Serve warm or at room temperature.

www.myrecipes.com

Cold Carrot Quinoa Soup with Chickpea Croutons

Serves 6

Soup:

4 large (or 6-8 small) carrots,
peeled and roughly chopped
1/2 large white onion, sliced
extra virgin olive oil
salt & pepper
1/2 T curry powder (to taste)
1/2 teasp. garlic powder
1/4 teasp. ginger powder
6-8 C chicken stock or water
about 2 C cooked quinoa
sliced green onions, for garnish

Croutons:

15-oz can chickpeas, rinsed
and drained
2 T extra virgin olive oil
1/2 teasp. cumin
1/4 teasp. garlic powder
1/4 teasp. paprika
juice of 1/4 of large lemon
pinch each of salt and pepper

Make soup: Preheat oven to 350°F. Line a baking pan or cookie sheet with nonstick pad, parchment or generous coating of nonstick spray. In a large bowl, toss carrots and onion with a splash of olive oil (about 1-2 T) plus a pinch each of salt and pepper. Spread in single layer, keeping space around each piece. Bake for 45 minutes to 1 hour until vegetables are tender and slightly caramelized.

Preheat small stock pot and more oil (about 2 T) and fry curry powder, garlic powder, and ginger for about a minute, stirring constantly, until fragrant. Do not let spices burn.

Add roasted veggies to pot plus 6 C stock. Bring soup to a boil, then reduce to a simmer and cook until the carrots are very soft. Turn off heat and let soup cool; puree in a blender, adding more stock or water as necessary to ensure soup liquefies. Don't add too much; just enough to keep things moving in the blender.

Make chickpeas croutons: Toss all ingredients in a large bowl and spread on the prepared baking sheet with plenty of room. Roast at 400°F for 25-30 minutes until crispy and golden. Allow to cool on the pan before serving; they will crisp up as they cool.

Immediately before serving, assemble soup: Put about a half cup of cooked quinoa (more or less) in the bottom of bowl, and top with soup. Garnish with crispy chickpeas and a pinch of chopped green onion.

www.acleanbake.com

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Fourth Harvest: 6/24/14 & 6/27/14

Easy Roasted Carrot Soup

Serves 6-8

2 lbs. carrots
6 tablespoons unsalted butter, divided use
4 cups chicken or vegetable broth
6 large sage leaves
1/2 yellow onion (5 oz)
3 garlic cloves
1 teaspoon coriander
1 teaspoon cumin
salt and pepper
2 cups chickpeas, roasted (optional)
3/4 cups sliced almonds, toasted (optional)

Preheat oven to 425°. Melt 3 tablespoons of butter in microwave. Toss carrots with melted butter and season with salt and pepper to taste. Place seasoned carrots on a bakesheet and roast until tender, about 20-25 minutes. Transfer carrots to blender and add in broth and blend until smooth; set aside.

Place the remaining 3 tablespoons of butter in a skillet and melt. Add in sage leaves and onion, cook until onions become translucent. Add in garlic and cook until just brown. Remove from heat. Add to blender and blend with carrot mixture until smooth and well combined.

Divide soup evenly among bowls and garnish with roasted chickpeas and toasted almonds, if desired.

www.bakersroyale.com

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Sixth Harvest: 7/9/13 & 7/12/13

Roasted Carrots

3 pounds small carrots, including greens (carrots about 5 inches long), tops trimmed to 1 inch and carrots peeled
2 tablespoons olive oil
pepper to taste

Preheat oven to 500°F with rack in lower third.

Toss carrots with oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper and spread out in a large 4-sided sheet pan. Roast 20 minutes. Reduce oven to 325°F and roast, stirring occasionally, until carrots are browned and tender, about 25 minutes more.

Note: Carrots can be peeled 1 day ahead and chilled in a sealable plastic bag lined with damp paper towels.

Gourmet | December 2008

Pan Seared Hog Island Oysters with Parsnip Soup and Carrot Emulsion

Parsnip Soup ingredients:

2 tablespoons vegetable oil
1/4 yellow onion, chopped
1 garlic clove, minced
1/2 shallot, chopped
1 pound parsnips, peeled and diced
1/4 cup white wine
1 quart chicken stock
1/2 cup heavy cream
Small pat of sweet butter
Salt and pepper, to taste
1 bay leaf
5 cloves
1 star anise
1/4 tablespoon fennel seed
Fresh grated nutmeg, for garnish

Carrot emulsion ingredients:

3 pounds sweet carrots
2 cups grape seed oil
1 cinnamon stick

To finish

4 oysters (one per person)
4 ounces flour
2 tablespoons butter (suggest clarified butter)ce

Parsnip soup: Heat a sauce pan large enough to hold all vegetables and liquid over medium-high flame, add oil and sauté onions, garlic and shallots in oil till translucent; do not allow to color. Add parsnips and sauté gently, continuing to be careful not let vegetables color. Add wine and stock and bring to a simmer. Place bay leaf, star anise, clove and fennel in cheese cloth and add to the pan. Simmer until vegetables are tender, approx. 30 minutes.

Remove spice sachet and add cream and butter. Blend (in batches if needed, should only come up halfway to the top of blender) and pass through a mesh strainer to create a smooth textured soup. Taste and adjust seasoning with salt and pepper. Add grated nutmeg to taste.

Carrot emulsion: Peel carrots and juice in a vegetable juicer. Pour juice into a saucepan, add the cinnamon stick and slowly reduce by three-quarters over low heat. Whisk in the grapeseed oil and pass through a chinoise.

Oysters: Drain oyster liquor, reserve 1/4 cup of liquor. Dredge oysters in flour and set aside. Heat a sauté pan over high heat. Add clarified butter and reserved liquor. When pan is very hot, sear oysters for only 30 seconds per side, until lightly browned. Serve with soup, garnished with carrot emulsion.

Adapted from Mark Ayers, Hyatt Regency Monterey Resort & Spa; recipe posted on www.cuesa.org

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Fifteenth Harvest: 9/11/12 & 9/14/12

Carrot and Celeriac Slaw

5 tablespoons good mayonnaise
4 teaspoons cider vinegar
2 to 3 teaspoons Dijon mustard
Salt
Pepper
1/2 pound finely shredded carrot
1/2 pound finely shredded celery root

In a large bowl, whisk together the mayonnaise, vinegar, mustard, salt, and pepper. Toss with the carrots and celery root, cover with plastic wrap, and refrigerate at least one hour, up to overnight. Serve slightly cold.

www.frenchrevolutionfood.com

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Eleventh Harvest: 8/16/11 & 8/19/11

Carrot Ginger Soup

Serves 4

- 1 tablespoon vegetable oil
- 1 large onion, diced
- 3 cloves garlic, minced
- 4 large carrots, sliced
- 5 new potatoes, quartered
- 2 cups vegetable broth
- 2 teaspoons grated fresh ginger
- 1 teaspoon curry powder
- salt and pepper to taste

Heat oil in a soup pot over medium heat. Add onion and garlic, and cook stirring often until onion is translucent. Add carrots and potatoes, and cook for just a few minutes to allow the carrots to sweat out some of their juices.

Pour the vegetable broth into the pot, and season with ginger, curry powder, salt and pepper. Bring to a boil, then reduce heat to low. Simmer for 15 to 20 minutes, until carrots are tender.

Puree soup in small batches using a food processor or blender, or if you have an immersion blender, it can be done in the soup pot. Reheat soup if necessary, and serve. Top with Parmesan cheese and parsley, and broil for 3 to 5 minutes, until golden brown.

Source: Allrecipes.com