

Recipes

Cauliflower and Brussels Sprout Gratin with Pine Nut-Breadcrumb Topping *Bon Appétit* | November 2008 by Lora Zarubin

1 1/2 pounds brussels sprouts, trimmed, quartered lengthwise through core
1 1 1/2-to 1 3/4-pound head of cauliflower, trimmed, cut into small florets
2 3/4 cups heavy whipping cream
1/2 cup chopped shallots
1 tablespoon chopped fresh sage
1 1/2 tablespoons olive oil
1/2 cup plain dry breadcrumbs
1/2 cup pine nuts, lightly toasted
2 tablespoons chopped fresh Italian parsley
3 cups grated Parmesan cheese, divided

Fill large bowl with ice and cold water. Cook brussels sprouts in large pot of generously salted boiling water 2 minutes. Add cauliflower to same pot; cook until vegetables are crisp-tender, about 3 minutes longer. Drain. Transfer vegetables to bowl of ice water to cool. Drain well.

Combine cream, shallots, and sage in large saucepan. Bring to boil. Reduce heat; simmer until mixture is reduced to 2 1/2 cups, about 10 minutes. Season with salt. Remove from heat. Cool slightly.

Heat oil in large nonstick skillet over medium heat. Add breadcrumbs; stir until beginning to brown, about 2 minutes. Transfer to bowl; cool. Stir in pine nuts and parsley. Season

with salt and pepper.

Butter 13x9x2-inch glass baking dish; arrange half of vegetables in dish. Sprinkle with salt and pepper, then 1 1/2 cups Parmesan. Arrange remaining vegetables evenly over, then sprinkle with remaining 1 1/2 cups Parmesan. Pour cream mixture evenly over. *DO AHEAD: Breadcrumb topping and gratin can be made 1 day ahead.* Cover separately and chill. Bring to room temperature before continuing.

Preheat oven to 375°F. Cover gratin with foil. Bake covered 40 minutes. Uncover; sprinkle breadcrumb topping over and bake uncovered 15 minutes longer.

Risotto with kale and toasted pumpkin seeds

3 1/2 cups chicken broth
3 1/2 cups water
1 teaspoon fine sea salt
3/4 lb kale
1 1/4 cups finely chopped onion
1 tablespoon olive oil
2 tablespoons unsalted butter
3 garlic cloves, minced
1 1/2 cups Arborio rice (10 oz)
1/3 cup dry white wine
1/2 cup grated Parmigiano-Reggiano
Bring broth and water to a boil with 3/4 teaspoon sea salt in a 3- to 4-quart saucepan. Meanwhile, cut stems and center ribs from kale and discard. Stir kale into broth in batches and simmer (all of kale), stir-



ring occasionally, until tender, 5 to 10 minutes. Transfer kale with tongs to a large sieve set over a bowl and gently press on greens to extract more liquid. Add liquid in bowl to simmering broth and keep at a bare simmer, covered. Chop kale. Cook onion in oil and 1 tablespoon butter with remaining 1/4 teaspoon sea salt in a wide 4-quart heavy pot, covered, over low heat, stirring occasionally, until softened, about 5 minutes. Increase heat to moderate, then add garlic and cook, uncovered, stirring, 1 minute. Add rice and cook, stirring, 1 minute.

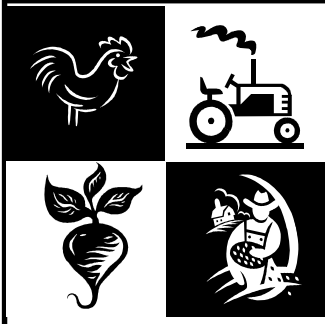
Add wine and simmer briskly, stirring constantly, until absorbed. Stir in 1/2 cup simmering broth and simmer briskly, stirring constantly, until broth is absorbed. Continue simmering and adding broth, about 1/2 cup at a time, stirring constantly and letting each addition be absorbed before adding next, until rice is creamy-looking but still al dente, 17 to 18 minutes. Stir in kale, cheese, and remaining tablespoon butter and cook, stirring, until heated through and butter is incorporated, about 1 minute. Season risotto with sea salt and pepper and, if desired, thin with some of remaining broth. Serve sprinkled with toasted pumpkin seeds.

Words to Live By

"In the garden, Autumn is, indeed the crowning glory of the year, bringing us the fruition of months of thought and care and toil. And at no season, save perhaps in Daffodil time, do we get such superb color effects as from August to November."

- Rose G. Kingsley, *The Autumn Garden*





Cure Organic Farm Newsletter

Distribution Week #1

Winter Share
October, 22nd 2008

7416 Valmont Road, Boulder, CO 80301 - 303-666-6397
www.cureorganicfarm.com—cureorganicfarm@yahoo.com

This newsletter is also
available online at:
www.cureorganicfarm.com/
csanewsletters.htm

Eat Your Brussels Sprouts!

Brussels sprouts are related to other better-known vegetables in the Brassica genus like broccoli, cabbage and cauliflower. They are part of the cruciferae or mustard family, so known because of a four-part flower in the shape of a cross. Brussels Sprouts were believed to have been cultivated in Italy in Roman times, and possibly as early as the 1200s in Belgium. The modern Brussels sprout that we are familiar with was first cultivated in large quantities in Belgium (hence the name "Brussels" sprouts) as early as 1587, with their introduction into the U.S. in the 1800s. They were grown in California in the early 1900s, with the first central coast plantings in the 1920s. With the development of the frozen food industry in the 1940s, Brussels sprouts production in California increased to its highest levels over the next 20 years. As production techniques have im-

proved, and as [foreign imports](#) have increased, there are currently less than 3000 acres of the tiny cabbages currently being produced in California. This acreage supplies the majority of the U.S. production from June through January, with nearly all of the acreage located in the central coast region, from San Mateo, Santa Cruz, and Monterey counties. Brussels sprouts are also exported to Canada, as they are more popular there than in the U.S.



NUTRITIONAL INFO: Brussels sprouts are a very good source of many essential vitamins, fiber, and folate. They are especially high in Vitamin C. They, along with their other cruciferous cousins, have been shown to have some very beneficial effects against certain types

of cancer, as they contain many [different ingredients](#) that are believed to help prevent the disease.

To Prepare: Once you taste these sweet, nutty sprouts you will wonder why so many people avoid them. The key to cooking Brussels sprouts is in not overcooking them. The leaves cook faster than the core, so cut an X in the bottom of the stem for even cooking when cooking the sprouts whole. As a rule, when Brussels sprouts have lost the bright green color, they are overcooked and have lost a considerable amount of nutritional value as well. Depending on size, cooking time should not exceed 7 to 10 minutes whether you are steaming, braising or boiling. Select sprouts of even size for uniform cooking. Large sprouts should be cut in half. Check out the back for a great recipe.

Colorado's Finest Fruit

We are happy to offer winter share members late season fruit from First Fruits Farm. Each week we will have a different variety of their apples and will continue to offer pears as long as they have them available. First Fruits grows different varieties of apples that store exceptionally well, so you may want to

Special order a case or two in December as the season winds down. Applesauce is a great way to preserve apples for the winter ahead. If you are interested in cases of fruit place your order with Anne, or simply visit Kris or Kevin, the brothers who own and operate First Fruits at the Boulder Farmers market on Saturday.



In your share this week:

Head Lettuce

Kale

Bok Choy

Onions

Winter Squash

Turnips

Peppers

Brussels Sprouts

Apples

Pears

Holiday Turkeys

Sign up for your turkeys if you haven't already. Turkeys will be available the week before Thanksgiving for pick up out here at the farm. They weigh between 15-25 pounds and cost \$3 pound.

Coming Next Week

Lettuce

Bok choy

Pears

Potatoes

Turnips

And so much more.....