

Recipes

Mashed Potatoes with Caramelized Garlic and Parsnips

- 3 pounds Yukon Gold potatoes
- 1 head garlic (3 inches wide)
- 3 1/2 tablespoons olive oil, divided
- 1 pound parsnips, peeled, cut into 1/3-inch pieces
- 2 cups whole milk
- 3/4 stick unsalted butter
- 1/2 teaspoon white pepper

Preheat oven to 425°F with racks in upper and lower thirds. Wrap garlic in foil for roasting. Roast potatoes and garlic, with a bit of olive oil until tender, about 1 hour. About 30 minutes before potatoes and garlic finish roasting, toss parsnips with 1/4 teaspoon salt and remaining 2 1/2 tablespoons oil in a small baking pan. Spread out in an even layer and roast

in lower third of oven, stirring once or twice, until tender and golden, about 25 minutes. Unwrap garlic and cool to warm, then squeeze cloves into a large bowl and mash well with a fork. Stir in roasted parsnips. Heat milk, butter, white pepper, and 1 1/4 teaspoons salt in a small saucepan over medium-low heat until butter is melted. While milk mixture heats, begin to mash the potatoes and parsnips. An electric mixer works well. Pour in hot milk mixture and gently stir until combined.

Autumn Apple Sauce

- 8 assorted apples
- 1 tablespoon fresh lemon juice
- 1 cup fresh apple cider

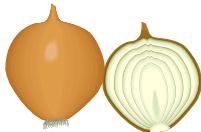
- 1/2 cup sugar
- 1 cinnamon stick (3 inches long)



Peel, core and cut the apples into large chunks, tossing them with the lemon juice to prevent discoloration. Place the apples and remaining ingredients in a large, heavy pot; bring to a boil. Reduce heat to a simmer, cover partially and cook until apples are very tender, about 15 minutes. Uncover the pot and cook 5 minutes more. Remove the pot from the heat and discard the cinnamon stick. Coarsely mash the apples with the cooking juices. Cool to room temperature, then refrigerate, covered, until ready to use, up to 5 days.

Cauliflower and Caramelized Onion Tart

- 1 small head of cauliflower, cored, cut into 1-inch florets
- 2 1/2 tablespoons olive oil, divided
- 1 tablespoon truffle oil*
- 1 pie crust
- 1 large onion, halved lengthwise, thinly sliced
- 1 tablespoon Dijon mustard
- 2 large eggs
- 1 (7- to 8-ounce) container mascarpone cheese (Italian cream cheese)*
- 1/2 cup whipping cream
- 1/4 teaspoon ground white pepper
- Pinch of ground nutmeg
- 1 cup grated Gruyère cheese



3/4 cup grated Parmesan cheese

Position rack in center of oven; pre-heat to 425°F. Toss cauliflower with 1 tablespoon olive oil in large bowl. Spread on large rimmed baking sheet, spacing apart. Sprinkle with salt and pepper. Roast 15 minutes; turn florets over. Continue roasting until tender, about 25 minutes longer. Cool cauliflower, then thinly slice. Drizzle with truffle oil; toss. Reduce oven temperature to 350°F.

Press pie crust onto bottom and up sides of 9-inch-diameter tart pan with removable bottom. Line pie crust with foil; fill with pie weights. Bake crust 20 minutes. Remove foil

temperature. Heat remaining 1 1/2 tablespoons olive oil in heavy large skillet over medium heat. Add onion; sprinkle with salt and pepper. Cook until onion is deep golden brown, stirring occasionally, about 40 minutes. Cool slightly.

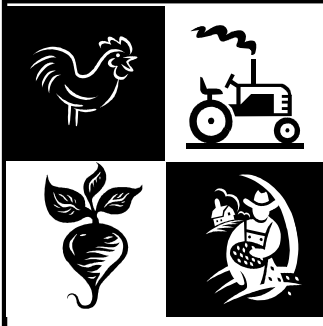
Brush bottom and sides of crust with mustard. Spread onion in crust. Arrange cauliflower evenly over. Set tart on rimmed baking sheet. Whisk eggs and next 4 ingredients in medium bowl. Stir in Gruyère. Pour mixture over filling in tart pan; sprinkle with Parmesan. Bake until tart is golden and center is set, about 40 minutes. Transfer to rack; cool 15 minutes before serving.

Words to Live By

"The winter was not given to us for no purpose. We must thaw its cold with our genialness. We are asked to find out and appropriate all the nutriment it yields. If it is a cold and hard season, its fruit, no doubt, is the more concentrated and nutty."

-Henry David Thoreau





Cure Organic Farm Newsletter

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Autumn's Favorite Root- The Parsnip

The **parsnip** is a [root vegetable](#) related to the [carrot](#). Parsnips resemble carrots, but are paler than most of them and have a stronger flavor. Like carrots, parsnips are native to Eurasia and have been eaten there since ancient times. Until the [potato](#) arrived from the [New World](#), its place in dishes was occupied by the parsnip and other root vegetables such as the [turnip](#). Parsnips can be boiled, roasted or used in [stews](#), [soups](#) and [casseroles](#). In some cases, the parsnip is boiled and the solid portions are removed from the soup or stew, leaving behind a more subtle flavor than the whole root and contributing [starch](#) to thicken the dish. Roasted parsnip is considered an essential part of [Christmas dinner](#) in some parts of the English-speaking world and frequently features in the traditional [Sunday Roast](#). Parsnips can also be fried, or be eaten raw.

The parsnip originates in the Mediterranean region and originally was the size of a baby carrot when full grown. When the Roman Empire expanded north through Europe the Romans brought the parsnip with them. They found that the parsnip grew bigger the further north they went.

While [folk etymology](#) sometimes assumes the

name is a [portmanteau](#) of [parsley](#) and [turnip](#), it actually comes from a [Latin](#) word for "forked", plus the -nip ending because it was assumed to be a kind of turnip. It is among the closest relatives of actual parsley, which can be bred to develop a very parsnip-like root. The parsnip is richer in [vitamins](#) and



[minerals](#) than its close relative the carrot. It is particularly rich in [potassium](#) with 600 mg per 100 g. The parsnip is also a good source of [dietary fiber](#). 100 g of parsnip contains 55 [calories](#) (230 kJ) energy.

The easiest way to prepare parsnips is to slice them, steam them, and dress with butter and salt. However, to get the fullest, richest flavor from the parsnips, they

should be roasted. The browning caramelizes the natural sugars in the parsnips. In this recipe we first roast the parsnips with some butter, then purée them with added water. It's quite simple, but if you've never had parsnips this way, you're in for a treat.

Puréed Roasted Parsnips

2 lbs parsnips, peeled, stringy cores removed, chopped (about 1 1/2 pounds after removing cores)
3 Tbsp butter, melted
1 1/2 cup water
1/8 teaspoon nutmeg
Salt and pepper to taste

Preheat oven to 400°F. Place chopped parsnips in a medium sized bowl, add the melted butter and stir to coat. Lay out the parsnips on a roasting pan in a single layer. Roast in the oven for 20 to 25 minutes, at 400°F, until lightly golden, turning the parsnips once half-way through the cooking. Put cooked parsnips into a blender or food processor. Add 1 1/2 cups water, and pulse until puréed to the desired consistency. Add more water if necessary. Add nutmeg and salt and pepper to taste.

Serves 4.



In your share this week:

Head Lettuce

Spinach

Bok Choy

Onions

Winter Squash

Parsnips

Cauliflower

Potatoes

Apples

We'd LOVE to Reuse your egg cartons!!!

Although the daylight is shortening and the nights are getting cooler, our chickens are still laying regularly. We are extremely short (read, don't have any) on egg cartons. We'd rather reuse yours than buy new cartons....So please, if you have cartons drop them by the farm.

Thanks!

Coming Next Week

Lettuce

Carrots

Potatoes

Celeriac

Apples

And so much more.....