



The Tuv Ha'Aretz CSA at the Forest Hills Jewish Center

June 12, 2012
22 Sivan, 5772

See this newsletter online: groups.yahoo.com/group/TuvForAllFHJC – in “Files > 1_2012 Season”

TUV HASHAVUA — BEST OF THE WEEK

THANK YOU TO OUR VOLUNTEERS!

THIS WEEK:

Jared Camins-Esakov
and/or Shari Perkins
Kathryn Loeffler
Susan Bernstein

FOOD BANK DELIVERY:
Laurie Rubel

NEXT WEEK:

Shoshanna Malett
Karen Solomon
Lorna Power

FOOD BANK DELIVERY:
Judy Trupin



ADAMAH REMINDER!

Available -- shares of locally made:

- kosher goat cheese
- jams
- fermented vegetables

Pick-up at FHJC on Jul 17 and Oct 16

Order online by Jun 25 deadline:

<http://isabellafreedman.org/adamah/csa>

Merging Traditional Jewish Foods with Eat-Local Ethos, by Leah Koenig

We have all heard the story. A former lawyer — or investment banker, computer programmer or teacher — makes a gutsy career change, leaving the conventional job market behind to start, say, iconic Jewish foods. That’s when things can get interesting.

Founded as a San Francisco pop-up restaurant by Evan Bloom (former architect) and Leo Beckerman (former nonprofit employee), Wise Sons Jewish Delicatessen serves house-cured pastrami on homemade rye bread, and babka densely swirled with bittersweet chocolate and cinnamon ganache to a nonstop queue. Or consider the Old World Food Truck, whose founder, chef Kenny Hockert, left the traditional restaurant kitchen to peddle from-scratch Eastern European dishes like mushroom pierogi and brisket borscht via pop-up and food truck. And now, the Bay Area can host its own version of the Montreal vs. New York bagel debate: Beauty’s Bagel Shop in Oakland recently began selling sweet, wood-fired, Montreal-style bagels while Schmendricks in San Francisco boils up chewy New York-style bagels.

These food artisans are driven by a desire to merge traditional, though not necessarily kosher, Jewish food with today’s locavore ethic and do-it-yourself aesthetic. To connect, in other words, to the soulful flavors that delighted our ancestors, while elevating them for today’s palate. Hockert’s chicken schnitzel sandwich, which comes drizzled with caraway honey and smeared with liver pate, is a case in point, striking the perfect balance between Old World and New.

San Francisco’s mix of Jewish history (which dates back to the founding of the city) and foodie innovation make it a particularly fitting location for the current “bubbe cuisine” revival.

So, what took so long? As Karen Adelman put it, “This trend is long overdue.” Along with Chez Panisse alumnus Peter Levitt, Adelman co-owns Saul’s Restaurant and Delicatessen, a Berkeley-based restaurant that helped pioneer the movement around sustainable, ingredient-driven deli. When they began changing Saul’s menu to reflect their farm-to-table food values 15 years ago, they had no network of vendors to rely on. “We recognized that if we wanted to serve authentic, quality deli food, we would have to do it on our own.”

So they embarked on a neo-retro deli experiment, sourcing from the few existing like-minded Jewish purveyors — places like the Shmaltz Brewing Company (which makes He’Brew beer), and reached out to persuade non-Jewish companies to develop local versions of rye bread, cured meats, and pickles.

“Fifteen years ago, we were considered renegades for how we thought about and sourced ingredients,” Adelman said. “These days, it’s just a given.” She and Levitt have taken the strategic position of welcoming, and in some cases collaborating with, what they view as a growing network of compatible purveyors.

The state of Jewish food in the Bay Area looks strong, and there is still ample room for growth. A big question is, how will today’s new companies fare in the long term? “The focus for pop-up restaurants tends to be about curating an amazing menu and the passion of the experience,” said Emunah Hauser, a publicist who works with Saul’s. Exciting, but not necessarily a sustainable business model.

And yet, when faced with a glistening pastrami sandwich or a frothy chocolate egg cream, sometimes it’s best to simply enjoy the moment. “We have watched this food bust out of the museum,” Adelman said. “And we can’t wait to see where it goes next.”

Leah Koenig writes a monthly column for the Forward on food and culinary trends. This article is excerpted from “Bubbe Cuisine Gets Innovative in the Bay Area,” on forward.com. Contact Ms. Koenig: ingredients@forward.com

THIS WEEK IN THE BOX:

Baby Spinach
Scallions
Romaine or Red Boston Lettuce
Toscana Kale
Red Beets
Cilantro
Bok Choi or Japanese Salad Turnips

Japanese Salad Turnips with Miso Butter

Maggie Ruggiero, *epicurious.com*



3 tblsp white miso
3 tblsp butter, softened
3 lbs small Japanese turnips with greens
1-1/3 cups water
2 tblsp mirin
1/8 tsp salt

Stir together miso and 2 tblsp butter. Set aside.

Coarsely chop turnip leaves and set aside. Halve turnips, or leave whole if small. Place turnips into a large ...

Recipe continued... →

Tuv Ha'Aretz at the Forest Hills Jewish Center

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tuv@fhjc.org

FEATURED RECIPES:

Grated Raw Beet Salad: North African Inspiration

Martha Rose Shulman, *Recipes for Health, NYTimes.com*

1/2 lb beets
3 tblsp freshly squeezed orange juice
1 tblsp freshly squeezed lemon juice
1 tblsp extra virgin olive oil
2 tblsp minced chives, mint or parsley (or a combination)
Salt, to taste
Leaves of 1 romaine heart



Peel the beets with a vegetable peeler, and grate in a food processor fitted with the shredding blade. Combine the orange juice, lemon juice and olive oil. Toss with the beets and herbs. Season to taste with salt. Line a salad bowl or platter with romaine lettuce leaves, top with the grated beets and serve. Yields 4 servings.

Advance preparation: The grated beets can be dressed and kept in the refrigerator, covered well, for a couple of days. They become more tender but don't lose their texture, and the mixture becomes even sweeter as the beet juices mingle with the citrus. Toss again before serving.

Nutritional information per serving: 58 calories; 3g fat; 0g saturated fat; 0mg cholesterol; 6g carbohydrates; 1g dietary fiber; 32mg sodium (does not include salt added); 1g protein

Photo credit: One Hungry Mama, food52.com



Crispy Kale "Chips"

Amanda, *Nebo Lodge*

1 bunch toscano kale (though any variety will do)
Olive oil, sufficient to fully coat all the leaves
1/4 tsp kosher salt (if you have to use table salt, use a bit less)
Heat oven to 400 degrees. Tear kale from stalks onto a cookie sheet or into a 9×13 roasting pan.

Drizzle olive oil over the leaves, and toss with your hands to fully coat each leaf. Sprinkle salt over and toss again to make sure there are no pockets of salt caught in the leaves. Kale should fully cover pan surface and should only be 1-2 leaves "deep."

Roast for 12-15 minutes, till kale is dark, almost black and fully wilted – it should be crispy, not soft, and there should be very little green color left. Scoop out of the pan and into a large bowl to serve. It's great the next day, so feel free to make lots!

Japanese Salad Turnips with Miso Butter, *cont'd ...*

... heavy skillet with water, mirin, 1 tblsp butter and salt. Boil over medium-high heat, then cover for 10 minutes to cook. Add greens to the pot by handfuls, turning and stirring and adding more as the leaves cook down. Cover and cook 1 minute, then uncover and continue boiling with occasional stirring until turnips are tender and liquid is reduced to a glaze (about 5 minutes). Stir in the miso butter and cook 1 minute more. Serves 4.

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Golden Earthworm newsletter: www.goldenearthworm.com/newsletters

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