

TUV HASHAVUA: BEST OF THE WEEK



**TUV HA'ARETZ
CSA AT THE
FOREST HILLS
JEWISH CENTER**

How I Learned – and Learned and Learned – to Cook

Dorrie Berkowitz, member of Tuv Ha'Aretz CSA

The first thing I ever cooked was a hard-boiled egg. I was five years old and in my Great-Aunt Mollie's kitchen on Kingston Avenue in Brooklyn. "Always start with cold water. Always. Doesn't matter what you're cooking."

She "opened the fire" on the stove and yes, we watched and waited for the water to boil. Then, as I stood on a stepstool, she helped me put the egg on a spoon and lower it into the boiling water. When the timer rang after five minutes, Aunt Mollie "closed the fire," ran the egg under cold water, and peeled it. It was magic! I remember feeling very proud as I sprinkled salt on the egg before taking each delicious bite.

How lucky I've been to have so many magicians teach me their cooking tricks. I was always in one kitchen or another, watching and sometimes doing, but always listening. Listening for the sizzle of onions going into a pan, for the quiet that comes just before the kettle whistles, and for the invaluable tips that came out of the ever-present conversations in those kitchens. I learned that we cook with all five senses firing at once.

By the time I was in college, I had learned to cook traditional recipes from two grandmothers, one great-grandmother, and of course from Aunt Mollie. I'd also learned modern recipes by cooking with my mother – whose repertoire ranged from the Kraft booklet in *TV Guide* to Craig Claiborne's saffron-infused bouillabaisse – and, most precious, I learned how to cook *the best* scrambled eggs from my dad.

All of this stood me in very good stead throughout my college years and into married and family life. Dinner parties and birthday parties, holiday meals and dinners on the run gave me the chance to work that magic again and again. I called on my ancestral muses often, remembering techniques they used, while also pushing myself to try new ingredients and recipes.

Then came a curve ball: my husband was diagnosed with

WEEK #7: 7/15/2014 Many Thanks to Our Volunteers:

7/15 Pick-up: 5:00 to 8:00PM

Bonnie Chernin

Mindy Weinblatt

Sara Paige

Unclaimed Shares Delivery:

Lenny Fuchs

7/22 Pick-up: 5:00 to 8:00PM

Ilona Michalowska

Angelita Alvarado-Santos

Ilan Birnbaum

Ruth Dominguez

Unclaimed Shares Delivery:

Ava Tseng

LAST MINUTE CONTACT INFO:
For urgent last-minute pick-up or volunteering changes on pick-up day, call/text Felicia 917-627-0669 or email Judy trupinjet@gmail.com

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Type II diabetes. Wow. There was much to re-learn and many missteps along the way. Brown rice? Does it *ever* get soft? And baking? Does Equal *ever* taste good? But, with practice and much trial and error, my kitchen once again was working its magic. I learned how to adapt recipes and use unexpected ingredients that yielded expected results. Applesauce became my best friend, and prunes showed up in unusual places.


Seven years later, we got the knuckle ball: my DH was diagnosed with celiac disease. What?! At that time there were very few gluten-free products readily available, so it was back to cooking school for me. Type II diabetes was a walk in the park compared to this. After a number of disasters (such as brownies that resembled roof shingles), I started to figure out some new magic formulas. Would Aunt Mollie ever have thought that xanthan gum would be as important in my kitchen as paprika was in hers? Perhaps not. But these and more are the ingredients that make the magic. And I'm still learning. Evaporated cane juice, anyone?

I DON'T LIKE FENNEL SALAD

I threw this recipe together over the weekend with the fennel we received in the previous week's share. I'm not kidding when I say I don't like fennel, but this came out pretty well.

3 medium fennel bulbs, trimmed and thinly sliced
1 red onion, thinly sliced
3 grapefruits
Generous pinch of coarse or sea salt
1 tbsp honey

Place the sliced fennel and red onion in a salad bowl; toss to distribute evenly.


Peel the grapefruits. Then, working over another bowl to catch the juice, section the grapefruits; squeeze the remaining membranes to extract more juice. Add the grapefruit sections and the juice to the fennel and onion mixture. Sprinkle with salt and stir in the honey. Chill before serving. 

Dorrie Katz Berkowitz just celebrated her 40th wedding anniversary, so you can imagine how many meals she's created! She is an avid reader, knitter, and singer, but her greatest joy is watching family and friends enjoy the results of her kitchen adventures.

7/15 What's in the Box:

Carrots, Kohlrabi, Cucumbers, Zucchini, Cipollini Onions, Scallions, Lettuce

NOTES FROM GOLDEN EARTHWORM FARM

We are so thankful for last night's rain storm, but it only gives us a little rest from irrigating – which involves moving pipes to water each of our fields one section at a time. We're looking forward to Mother Nature helping us out by sending us more rain in the coming days! 


BASIC GREEK SALAD

Serves 6-8

Amy Wisniewski | chow.com

1 head romaine or other hearty crisp lettuce, torn, washed, dried
2 tomatoes, large dice
1 cucumber, seeded, diced
1-2 cipollini or small red onions, thinly sliced
½ cup crumbled feta
½ cup vinaigrette

Toss all ingredients in a salad bowl and serve immediately.

DRESSING: In a tightly lidded jar, shake together: 3 tbsp olive oil, 2 tbsp lemon juice, 2 tsp finely chopped fresh oregano leaves, ¼ tsp salt, pepper. 

WARM CIPOLLINI & KOHLRABI PASTA SALAD

Makes 4 servings

Giada De Laurentiis, foodnetwork.com


1 lb fregola or orza or Israeli couscous, cooked and drained
1/4 cup olive oil
2 cups cipollini onions, peeled and halved or quartered
salt and pepper
3 cloves garlic, minced
1 lb kohlrabi, peeled and diced
1/3 cup water
15 oz can cannellini beans, rinsed and drained
1/2 cup grated parmesan

Heat oil in a saucepan over medium-high heat. Add onions and season with salt and pepper, to taste. Cook till tender and golden. Add garlic, cook 30 sec till aromatic. Add kohlrabi, sauté for 1 min. Add water and scrape up the browned bits at the bottom of the pan. Add beans and cook for 1 min till warmed through.

In a large bowl, toss together the cooked vegetables, the pasta, the dressing, and the parmesan. Season to taste with salt and pepper. Serve warm or at room temperature.

DRESSING

2 large lemons, zested, juiced
2 tbsp honey
½ cup olive oil
½ tsp salt
¼ tsp pepper
1 cup minced scallions or chives

Whisk or shake all ingredients together till well blended. 

**BRING PLASTIC
BAGS TO WRAP
YOUR SHARES**