

TUV  
HA'ARETZ  
CSA 2016



# TUV HASHAVUA

## BEST OF THE WEEK

### The Thanksgiving-worthy Vegetable “Roast Beast” Will Make Everyone Happy!

*Joe Yonan, WashingtonPost.com/lifestyle/food*

If you're a vegetarian guest at someone else's house for dinner, you have three choices: You can ask the host (politely, of course) to keep your dietary choices in mind when meal planning. You can keep quiet and hope for the best. Or you take matters into your own hands and offer to bring something.

It's probably no surprise that I prefer the last one. I've taken mushrooms and tempura batter to a fish fry, tempeh and sauce to a barbecue. They were a little insurance for me, but the hosts were grateful, and the other guests enjoyed having more choices, too. This is an especially good strategy at Thanksgiving, when stress levels are higher and hosts typically appreciate all the help they can get — especially if you coordinate in advance, so there are no last-minute surprises.


When planning for this year's feast, I wanted something that, like the dishes I cooked up last year, could stand on its own as a centerpiece if a meal is veg-focused — but could also be eaten as a great side dish.

Justin Fox Burks and Amy Lawrence understand the challenge. As the writers behind the *Chubby Vegetarian* blog (and the new cookbook of the same name), “we're usually charged with bringing the quote-unquote vegetarian dish,” Burks said. “Bring the Tofurky, bring something *meatless*. But that word bothers me: *meatless*, like you're just doing without.”

Instead, what we all want is something just as celebratory as everything else on the table. To that end, I tried a veggie take on turducken — stuffing a zucchini inside an eggplant inside a butternut squash — but it was simply too much effort for the merely fine results. (Anyone who saw me with a ruler in the supermarket produce section that one day got a sense of what I mean.) And a “roast” made with seitan and filled with spinach and a vegan cheese sauce was plenty tasty, but I couldn't imagine the carnivores wanting to tuck into it alongside their fowl.

I settled on a genius idea from Burks and Lawrence's new book. They toss portobello caps and thick slices of eggplant in an easy pesto; thread them with onions, roasted red pepper and provolone onto skewers; and char the whole thing, like a giant kebab, on the grill. When set on a bed of couscous, the thing lives up to its name, Roast Beast, while paying tribute to the vegetables themselves.

I doubled down on seasonal flavors, adding delicate squash rings, slipping some sage into that pesto and using smoked Gouda instead of provolone. (I've also tried it with vegan cheese, to good effect.) This “beast” goes into a 500° oven for an hour; you roast it on a V-rack, and you occasionally turn it, baste it with its own juices and scrape up some of the cheese that has melted onto the roasting pan to scoop it back on top. By the time the beast is done, its edges are deeply browned, the cheese has crisped up in spots, and the kitchen smells amazing.

In the spirit of Thanksgiving, Burks and Lawrence graciously approved of my changes. They often encourage readers to put their own spin on Chubby Vegetarian recipes, and this was no exception. As Burks put it, “We relish the chance to tell people that Thanksgiving doesn't have to be that hard, that they can just make good food that everybody will love.” 

**The Chubby  
Vegetarian's original  
Roast Beast recipe:  
[goo.gl/e8Q5oX](http://goo.gl/e8Q5oX)  
See overleaf for Joe  
Yonan's recipe links  
and ingredient list.**

**WINTER SHARE  
STARTS 12/13**  
**MANY THANKS TO  
OUR VOLUNTEERS**

11/22/2016

**[Week #25+26 – A]  
FINAL SHARE OF  
THE SEASON!**

4:45-8pm Pick-up  
**Jackie Topol**  
**Danny Groner**  
**Raymond**  
**Kimmelman-**  
**DeVries**

12:45 pm Truck Unloading  
**Judith Mermelstein**  
**Brian Gardner Hoashi**  
**Fiana Tulchinskaya**

8pm Unclaimed Shares  
**Tabia Heywot**

## 11/22 [A] WHAT'S IN THE BOX??

**Tosceno Kale, Carrots, Sweet Potatoes, Rutabaga, Broccoli, Cabbage, Leeks, Radicchio, Green Kale, Hakurei Turnips, White Potatoes  
+ Replacement Fruit**

**NOTE: Special large-size boxes have been provided for our group. Each box includes the full share from this week AND the make-up share ALL IN THE SAME BOX, for an extra large two-shares-in-one. So, one box per member only, please!**

## WINTER SHARE: URGENT!

[tinyurl.com/tuvwinter16](http://tinyurl.com/tuvwinter16)

**We need at least 8 more people to sign up!**

**Deadline extended to 12/1**

**Please sign up – and please tell your neighbors and friends about Tuv Ha'Aretz Winter Share!**

*Each of four shares will contain 10+ lbs of the following crops:*

**Sweet Potatoes, Potatoes, Watermelon Radish, Rutabaga, Carrots, Beets, Leeks, Winter Squash and possibly Broccoli, Kale and/or Cabbage. Exact contents to be decided.**

## Vegetarian Roast Beast

**INGREDIENT LIST** | Joe Yonan, *the Washington Post*  
Video: [goo.gl/HzSCCF](http://goo.gl/HzSCCF)

1 medium eggplant (1 lb), sliced – ½" rounds  
2 tbsp + 1 tsp kosher salt  
2 large red bell peppers  
1/3 cup pine nuts (substitute slivered almonds)  
3/4 cup extra-virgin olive oil  
15 cloves garlic, smashed  
2 cups parsley leaves and tender stems  
1/2 cup sage leaves, plus more for garnish  
1/3 cup red wine vinegar  
5 large portobello mushroom caps  
1 small (1 lb) delicata squash  
1 large white onion, cut into 1/2" slices  
1/2 tsp freshly cracked black pepper  
6 oz (4 large slices) smoked Gouda (substitute smoked mozzarella or vegan cheese)  
Cooked orzo or couscous, for serving  
Balsamic vinegar, for drizzling  
Rosemary sprigs, for garnish  
*Recipe and Instructions: [goo.gl/7ibvbt](http://goo.gl/7ibvbt)*

## Smoky Creamed Kale

*Faith Durand, [thekitchn.com](http://thekitchn.com) | Serves 6*

1 1/2 lb kale, stemmed, roughly chopped, blanched  
4 tbsp (1/2 stick) butter  
1/2 small white onion, finely chopped  
6 cloves garlic, minced  
1/4 cup all-purpose flour  
2 cups whole milk  
1/3 cup finely grated Pecorino or Parmesan cheese  
1/2 tsp dry mustard  
1 tsp smoked paprika  
1 tsp salt, or to taste  
Freshly ground black pepper

Melt butter in sauté pan or pot over medium-high heat. Add onion and garlic, cook, stirring constantly, for 1 minute. Sprinkle flour over onion mixture and cook, stirring, for 3 minutes; do not let flour brown.

Whisk in milk. Cook mixture, stirring slowly and continuously until sauce comes to a boil and thickens enough to coat back of spatula, about 5 minutes. Reduce heat to low and continue cooking until sauce is consistency of soft pudding, about 2 more minutes.

Stir in cheese, mustard, paprika, salt, and black pepper. Add drained kale and mix well. Warm over low heat, then serve.

Make 2 days ahead – press plastic wrap or parchment paper directly onto surface to prevent a skin from forming. Cool to room temperature and then refrigerate. When ready to proceed, remove the plastic wrap and reheat over low heat until it just begins to bubble.