



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

October 23, 2012 | 6 Cheshvan, 5773

# TUV HASHAVUA — BEST OF THE WEEK

See this newsletter online: [groups.yahoo.com/group/TuvForAllFHJC](http://groups.yahoo.com/group/TuvForAllFHJC) – in "Files > 2012 Season"

### THANK YOU TO OUR VOLUNTEERS!

#### THIS WEEK [B: 10/23]

Jillian Coulton  
Jan Coulton  
Beth Goldstein  
Hilary Gordon

CARE TO SHARE  
Sharon Matzner  
Risa Matzner

UNCLAIMED SHARES  
Laurie Rubel

#### NEXT WEEK [A: 10/30]

Bonnie Harper  
Jeff Colchamiro  
Sue Izeman

UNCLAIMED SHARES  
David Snyder



**WINTER SHARE**  
*Details to come!*

Stay tuned for  
**Winter registration information**

## How Do You Like Them (Cooked) Apples by Mark Bittman



PRALINE



BLEU CHEESE - FIG



BALSAMIC - ROSEMARY



SHALLOT-THYME



BRUSSELS SPROUTS - SAGE



CRANBERRY - ORANGE



TEMPURA - HONEY



CORNMEAL CRUSTED



FRITTERS



MOROCCAN SPICED



CHEDDAR - BREADCRUMB



LEMON - POPPYSEED

Follow this link online to see the original apple recipe matrix by Mark Bittman:

[www.nytimes.com/interactive/2011/10/09/magazine/09-apples-matrix.html](http://www.nytimes.com/interactive/2011/10/09/magazine/09-apples-matrix.html)

Note: the online edition of this newsletter has a version of the matrix recipes on page 3.

good when raw), and among those I'd include Idareds, Romes, Cortlands and even Empires.

McIntoshes cook pretty well, as do so-called all-purpose apples like Granny Smith. (Of the common varieties, the best eating apples can be cooked, but they tend to lose a lot of their flavor.)

This matrix (above) explores cooked apples in various forms, and I hope you'll find some unexpected. All of the sweet versions are wonderful as either dessert or breakfast, while the savory ones make terrific side dishes for just about anything roasted or pan-cooked. (Add salt and pepper to these.)

Peeling is always optional — I personally like the texture of apple skins — but coring is not. If you're slicing apples or cutting them into chunks, you can core them the easy way: cut them into quarters, then take out the seeds with a paring knife. If you're halving them, take out the core with a melon baller and trim the rest with a paring knife. And if you want to cut them into rings, dig into the flower (the nonstem) end with a paring knife until you get all the inedible parts out, or use an apple corer.

Excerpted from NYTimes.com Magazine article, "How Do You Like Them (Cooked) Apples," by Mark Bittman.

Bittman writes for the New York Times Magazine and the Opinion pages, and has a regular column where he unveils the simplicity of cooking as well as issues about our food supplies and treatment of animals.

When you transform an apple by cooking, you may make it soft, fluffy, chewy, savory, sweet or creamy — the potential is enormous. Yes, an apple loses some juiciness and freshness when you cook it, but as an ingredient it's just as versatile as a potato. (You probably know that in French the potato is called *pomme de terre*, or "apple of the earth.")

The surprise from a raw apple comes from the variety and the season, whereas the surprise from a cooked apple comes from what you do with it.

Just as long as you don't make sauce. The goal here is to offer you some other options.

It does matter which apple you choose for cooking. There are enough varieties to accurately call the number "countless," but they can be categorized.

Some are better when cooked than raw (this is not to say they're not

## THIS WEEK'S BOX:

Watermelon Radish  
Red Kale  
Bok Choi  
Radicchio  
Broccoli  
Guy Lon (Chinese Broccoli)  
Beets  
Yellow Potatoes  
Kohlrabi

**FRUIT SHARE:**  
Elstar and Jonagold Apples

## Beetroot, Red Onion, Cabbage, Crème Fraiche, and Chervil Salad

*Fergus Henderson, Beyond Nose to Tail / Serves 6*

2 beets, peeled, finely grated  
¼ raw cabbage, red or white – core cut out, very finely sliced  
1 small red onion, peeled, cut in half from top to bottom, and finely sliced  
1 pint (8 oz) crème fraiche or sour cream  
2 large bunches chervil, picked

### DRESSING

2 tbsp extra virgin olive oil  
2 tsp balsamic vinegar  
2 tbsp extra-fine capers  
Sea salt  
Black pepper, freshly ground

In a bowl, toss together the beets, cabbage, red onion, then place on each of six plates.

Next to this, nestle a heaped tablespoonful of crème fraiche, as if they were good friends.

Finally, rest a clump of chervil next to the other ingredients in a friendly fashion.

A very striking salad ready for the eater to mess up!

## FEATURED RECIPES:

**Stir-Fried Medley** *Martha Rose Shulman, Recipes for Health, nytime.com | Serves 4*

8 oz firm tofu, drained, blotted, cut into ¼-inch by ½-inch pieces (optional)  
1 tbsp egg white, lightly beaten  
2 tsp cornstarch  
1 ½ tsp plus 1 tbsp rice wine or dry sherry  
Salt, to taste  
¼ cup vegetable broth or stock  
1 tbsp low-sodium soy sauce  
1 bunch kale, stemmed and washed well in 2 rinses of water  
2 tbsp peanut oil, rice bran oil or canola oil  
1 tbsp minced ginger  
2 fat garlic cloves, minced  
½ tsp red pepper flakes  
4 to 6 scallions (half bunch), cut on the diagonal in half-inch lengths, dark green part separated

6 to 8 brussels sprouts, quartered (½ lb), or broccoli, cut into florets

1 small or half large red bell pepper, cut in thin 2-inch strips

½ lb baby bok choy, cut in 1-inch slices

Freshly ground pepper

Rice, whole grains, or noodles for serving

In a large bowl, stir together the egg white, cornstarch, 1 ½ tsp of the rice wine or sherry, salt to taste and 1½ tsp water. When you can no longer see any cornstarch, add the tofu pieces and stir together until coated. Cover the bowl and place in the refrigerator for 30 minutes.

Bring 2 to 3 quarts of water to a rolling boil in a large saucepan and add the kale. Boil 1 minute, until just tender, and transfer to a bowl of cold water. Do not drain the water from the pot. Drain the kale, squeeze out excess water and chop coarsely.

Combine the remaining rice wine, the broth, and the soy sauce in a small bowl and set near your wok.

Bring the water in the pot back to a boil, add 1 tablespoon of the oil and turn the heat down so that the water is at a bare simmer. Carefully add the tofu to the water, stirring gently so that the pieces don't clump. Cook until the tofu turns opaque on the surface, about 1 minute. Drain well in a colander.

Heat a 14-inch flat-bottomed wok or 12-inch steel skillet over high heat until a drop of water evaporates within a second or two when added to the pan. Swirl in the remaining oil by adding it to the sides of the pan and swirling the pan, then add the garlic, ginger and red pepper flakes and stir-fry for no more than 10 seconds. Add the white and light green pieces of scallions, the brussels sprouts and the red pepper and stir-fry for 2 minutes. Add the bok choy and stir-fry for another minute. Add the tofu, the kale and the broth mixture. Sprinkle with salt and pepper to taste and stir-fry until the vegetables are all cooked through, 1 to 2 minutes. Sprinkle on the green scallion ends. Remove from the heat and serve with grains or noodles.



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**Hazon Food Conference: REGISTER NOW with code "csa" for \$50 off registration fee.**

[www.hazon.org/programs/food-conference/](http://www.hazon.org/programs/food-conference/)

The Hazon Food Conference explores the intersections of Jewish tradition and contemporary food issues, with the goal of supporting leaders to create healthier and more sustainable communities in the Jewish world and beyond. Our annual event brings together passionate people who are working for sustainable food systems on multiple levels — nationally and internationally, in their communities, and in their own lives.

## TUV HA'ARETZ at the Forest Hills Jewish Center

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**Recipe matrix, from Mark Bittman's "How Do You Like Them (Cooked) Apples," NY Times Magazine, nytimes.com**

To use the matrix, choose a cooking method (first column), then see the variations in the cells to the right. Note the basic recipe in the first column, and the changes in instructions in the cells.

<p><b>BAKED</b></p> <p><b>4 apples</b></p> <ol style="list-style-type: none"> <li>1. Halve and core apples</li> <li>2. Place cut-side down on a greased 9x13 pan</li> <li>3. Drizzle with butter/oil and juice</li> <li>4. Bake at 275F for 20 minutes</li> <li>5. Combine toppings</li> <li>6. Turn apples, baste with the mixture and/or fill cavity of apples. Cook 20 minutes more.</li> </ol>	<p><b>Praline</b></p> <p><b>4 tbsp butter</b>  <b>1 cup apple juice</b>  <b>½ cup brown sugar</b>  <b>½ cup pecans, chopped</b>  <b>½ tsp vanilla</b></p> <ol style="list-style-type: none"> <li>3. Drizzle apples with 1 tbsp butter.</li> <li>5. Cook 3 tbsp butter, sugar, pecans till the butter melts, then add vanilla.</li> </ol>	<p><b>Bleu Cheese Fig</b></p> <p><b>1 tbsp butter</b>  <b>1 cup port, brandy, or Riesling</b>  <b>4 oz bleu cheese, crumbled</b>  <b>¼ cup dried figs, chopped (or raisins)</b></p> <ol style="list-style-type: none"> <li>3. Drizzle with butter and alcohol.</li> <li>5. In a bowl, combine the bleu cheese and figs or raisins.</li> </ol>	<p><b>Balsamic Rosemary</b></p> <p><b>1 tbsp olive oil</b>  <b>¼ cup balsamic vinegar</b>  <b>1 tbsp fresh rosemary, chopped</b></p> <ol style="list-style-type: none"> <li>3. Drizzle with olive oil and balsamic vinegar.</li> <li>6. Sprinkle apples with rosemary after turning and basting.</li> </ol>
<p><b>SAUTEED</b></p> <p><b>1 ½ lbs apples, thinly sliced</b></p> <ol style="list-style-type: none"> <li>1. Heat oil/fat in skillet over medium flame.</li> <li>2. Add ingredients; cover and turn the heat to low. Cook for 10 minutes.</li> <li>3. Uncover, turn the heat to high and cook with stirring, 10 minutes.</li> </ol>	<p><b>Shallot Thyme</b></p> <p><b>4 shallots, thinly sliced</b>  <b>¼ cup olive oil</b>  <b>1 tsp fresh thyme leaves</b></p> <ol style="list-style-type: none"> <li>2. Cook shallots in oil till soft and brown, about 15 minutes. Add apples and thyme.</li> </ol>	<p><b>Brussels Sprouts Sage</b></p> <p><b>4 tbsp butter</b>  <b>½ lb Brussels sprouts, quartered</b>  <b>1 tbsp fresh sage, chopped</b>  <b>grated Parmesan</b></p> <ol style="list-style-type: none"> <li>2. Add applese, sprouts, sage.</li> <li>4. Garnish with Parmesan.</li> </ol>	<p><b>Cranberry Orange</b></p> <p><b>4 tbsp butter</b>  <b>1 cup fresh cranberries</b>  <b>½ cup sugar</b>  <b>1 tsp orange zest</b></p> <ol style="list-style-type: none"> <li>2. Add apples and cranberries.</li> <li>3. Add sugar and orange zest.</li> </ol>
<p><b>FRIED</b></p> <p><b>1-1/2 lb apples</b>  <b>neutral oil, for frying</b></p> <ol style="list-style-type: none"> <li>1. Heat 2 inches of oil in a deep pan, to 350F</li> <li>2. Assemble batter</li> <li>3. One piece at a time, dredge apples</li> <li>4. Fry each piuece till golden, 5 minutes or less total</li> <li>5. Drain on paper towels</li> <li>6. Garnish</li> </ol>	<p><b>Tempura with Honey</b></p> <p><b>Cut apples into rings</b></p> <p><b>BATTER:</b>  <b>2 cups ice water</b>  <b>2 ½ cups flour</b>  <b>3 egg yolks</b>  <b>honey</b></p> <ol style="list-style-type: none"> <li>2. Whisk together ice water, 1 ½ cup flour, egg yolks. Put remaining flour into a bowl.</li> <li>3. Dredge apple rings into flour, then dip into batter.</li> <li>6. Drizzle with honey.</li> </ol>	<p><b>Cornmeal Crusted</b></p> <p><b>Cut apples into rings</b></p> <p><b>BATTER:</b>  <b>2 cups buttermilk</b>  <b>1 cup flour</b>  <b>1 cup cornmeal</b>  <b>¼ tsp cayenne pepper</b></p> <ol style="list-style-type: none"> <li>2. Put buttermilk into a large bowl. In a separate shallow bowl, combine flour, cornmeal, cayenne.</li> <li>3. Dip apple rings into the buttermilk, then dredge in cornmeal mixture.</li> </ol>	<p><b>Fritters</b></p> <p><b>Grate apples</b></p> <p><b>BATTER:</b>  <b>1 egg</b>  <b>½ cup grated Fontina</b>  <b>½ cup flour</b>  <b>lemon wedges</b></p> <ol style="list-style-type: none"> <li>2. Beat together egg and cheese, then stir in the apples and flour.</li> <li>3. Shape into walnut-sized balls and fry each piece till golden.</li> <li>6. Garnish with lemon wedges.</li> </ol>
<p><b>ROASTED</b></p> <p><b>2 lbs apples, cut into chunks</b></p> <ol style="list-style-type: none"> <li>1. Heat oven to 425F.</li> <li>2. Toss in oil/fat. Spread on a rimmed baking sheet.</li> <li>3. Roast 10 minutes.</li> <li>4. Add spices and flavorings</li> <li>5. Roast till tender, another 10-15 minutes.</li> </ol>	<p><b>Moroccan Spiced</b></p> <p><b>2 tbsp olive oil</b>  <b>1 tbsp minced garlic</b>  <b>2 tbsp minced ginger</b>  <b>1 tsp ground cumin</b>  <b>½ tsp ground coriander</b>  <b>½ tsp cinnamon</b></p>	<p><b>Cheddar Breadcrumb</b></p> <p><b>2 tbsp melted butter</b>  <b>½ cup grated cheese</b>  <b>½ cup fresh breadcrumbs</b></p> <p>Add cheese and crumbs after the apples are tender, after step 5.</p>	<p><b>Lemon Poppyseed</b></p> <p><b>2 tbsp melted butter</b>  <b>¼ cup sugar</b>  <b>1 tbsp poppyseeds</b>  <b>1 tbsp lemon zest</b></p>