

TUV
HA'ARETZ
CSA 2016



TUV HASHAVUA

BEST OF THE WEEK

Vegetable Plot: Planning Vegetable Dishes and Meals

Jill McCorkle, saveur.com

Vegetarianism does not come easy to me, even though I wish it would. My problem with most vegetarian dishes is that I always feel I've been handed a substitute: tofu masquerading as beef or chicken only to be given away -- one bite later -- by its texture (or lack thereof). We've all been there; we all know it feels like to be promised chocolate and to be given carob, or ice cream and have to make do with Rice Dream.

But I believe that vegetarian dishes are often healthier than meat-intensive ones. At restaurants, I often find I'm looking over the menu with an eye for meatless items. At Oleana, Ana Sortun's restaurant in Cambridge, MA, I've finally found vegetarian food so delicious and satisfying that even a skeptic like myself is not left craving meat. Oleana serves its share of meat selections, but unlike many restaurants that offer a single obligatory vegetarian dish, Sortun's menu is full of fabulous choices that also happen to be vegetarian.

I have long been a fan of Sortun's without knowing it, having frequented the Cambridge restaurant Casablanca where she was chef for five years. The 34-year-old Seattle native (her parents are Norwegian) became interested in Mediterranean cuisine while working for the Tunisian chef Moncef Meddeb in Massachusetts after she graduated from France's La Varenne cooking school. Meddeb taught her how to combine Arabic spices with French cooking techniques. Sortun describes her cuisine as "Arab-esque," because she's most attracted to Arabic-influenced Mediterranean flavors.

"I need to know the rules before I break them," Sortun says, so she spends much of her free time traveling. One thing she's learned is that other cultures have greater respect for the dining experience than Americans do. "It's easy to make things taste good," Sortun says. But we often forget to think about how food appears or consider its texture. And most important, she says, "People seldom think about how they feel after eating." She makes a practice of asking patrons for their reactions at the end of an evening. She wants them to feel as diners do in Istanbul, where instead of feeling stuffed and lazy after a meal, they push back the tables and dance.

Recently, Sortun took a trip to Istanbul, where she had "the best food I've ever had in my life" at Zencefil, Ferda Erdinc's vegetarian restaurant, only to realize afterward that there had been no meat in the entire meal. And Sortun wondered whether it was the vegetarian aspect that helped her achieve that satisfied yet energetic feeling. The experience led her to experiment with her own vegetarian dishes, many of which now appear on the menu at Oleana.

After we spoke, Sortun invited me to a party at her friend's home,

FINAL VEG PICK-UP:

TUES 11/22

**WINTER SHARE – Starts
12/13 – SIGN UP!**

**10/27/2016
[Week #22 – A]**

4:45-8pm Pick-up
**Daisy Alter
Alissa Harris**

12:45 pm Truck Unloading
Judy Trupin

Brian Gardner Hoashi

8pm Unclaimed Shares
Judy Hurwitz

MANY THANKS TO OUR VOLUNTEERS

**11/1/2016 TUESDAY
[Week #21 – B]**

5-8pm Pick-up
**Manisha Shah-
Balangon
Rachael Janowitz
Fred Resnick**

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

8pm Unclaimed Shares
Adrian Hayes

**ALL NOVEMBER
PICK-UPS are on
TUESDAYS!
Starting next week!**

TUV HA'ARETZ CSA at the
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10/27 [A] : WHAT'S IN THE BOX??*(Subject to Changes)***Cabbage, Batavian Lettuce, Bok Choi, Hakurei White Salad Turnips, Arugula, Toscano Kale****FRUIT: Empire Apples, Golden Delicious Apples, Bosc Pears***"Vegetable Plot," cont'd*

where she was planning to cook a vegetarian meze, a series of small dishes, which she served as a buffet. We began with warm, oregano-spiked olives tossed with sesame seeds. Next Sortun showed us how to eat the Egyptian carrot dip on the table: she took a bit of pita and dipped it olive oil, then in an Egyptian spice mix called dukka, which includes ground cumin and coriander seeds; finally, she spooned on the pureed carrots, which had been flavored with ginger and harissa. This blend of sweet and spicy, she says, is at the heart of Arabic cuisine. Her watermelon-and-tomato salad with a jalapeño-accented feta sauce was a second example of this hot-and-sweet mix. Then she served another quintessentially Middle Eastern dish, köfte. Her version, fried red lentil and bulgur patties flavored with cumin and hot paprika and served with a cucumber and tomato salad, was inspired by one she had at Zencefil.

Though it's impossible to compare the various dishes, if pushed to pick a favorite, I would go with the fideos she made: pasta broken into pieces and toasted -- a method the Moors brought to Spain -- that Sortun cooked in a hearty broth with chickpeas and Swiss chard. The broth, flavored with saffron, fennel seeds and other spices, was so dark and rich that if I hadn't known better, I would have assumed that it achieved its savor with beef.

As I sipped a cup of thick, robust Turkish coffee, I realized with sudden clarity--perhaps from the jolt of the coffee--that I had been eating continuously for two hours. And how did I feel? I felt great, completely satisfied but with enough energy to push back the tables and dance.

As I stepped into the cool night air, what a surprise it was to find myself in the middle of Cambridge, when I was expecting to see an open market with spices and carpets. I was looking for palaces and mosques; I was listening for the wheels of chariots racing to the ancient hippodrome.

Jill McCorkle is the author of eight books, most recently "Creatures of Habit", a collection of short stories.

**Bok Choi w/ Crispy Garlic Orange****Sesame Sauce** | Serves 4*Velentina, cookingontheweekends.com*

Grapeseed oil

4 large garlic cloves, very thinly sliced (¼ cup)

½ cup finely sliced shallots

12 oz baby Bok Choy

1 large navel orange, cut into supremes (see: bonappetit.com/test-kitchen/how-to/article/how-to-supreme-citrus)

2 tablespoons fresh squeezed orange juice

1 tbspn sesame oil

2 tsp toasted sesame seeds

Togarashi, to taste (see: mccormick.com/recipes/other/japanese-7-spice-blend-shichimi-togarashi)

Coat bottom of medium-sized skillet with oil and place over medium-high heat. Add garlic slices, sauté until just turning golden brown, 2 minutes. Add shallots and bok choy, and cook just to wilt it, 2 minutes. Mix in oranges, orange juice, sesame oil and sesame seeds. Sprinkle with Togarashi.

Caraway Cabbage Chips w/ Dill Yogurt*Alison Roman, bonappetit.com* | Serves 4

8 innermost green cabbage leaves, ribs removed, leaves cut into quarters

Olive oil (for brushing)

Toasted caraway seeds (for sprinkling)

Kosher salt and freshly ground black pepper

1 finely grated garlic clove

1 cup plain yogurt

2 tablespoons chopped fresh dill

1 tablespoon fresh lemon juice

Preheat oven to 200°F. Divide the cabbage pieces between 2 wire racks set inside rimmed baking sheets. Brush with oil; sprinkle with caraway seeds and season with salt and pepper. Bake until crisp, 2–2½ hours. Mix together garlic, yogurt, dill, and lemon juice; season with salt and pepper.

Roasted Turnips w/ Buttered Greens*Hugh Acheson, saveur.com* | Serves 4 - 6

4 tbspn. unsalted butter

1 lb. small white turnips with green tops, such as Hakurei, turnips halved, greens roughly chopped

Kosher salt, to taste

½ tsp. caraway seeds

Heat oven to 400°. Melt 2 tbspn butter in a 12" ovenproof skillet over medium-high. Working in batches, cook turnips, cut side down, until browned, 4–6 minutes. Return all turnips to pan and season with salt. Transfer to oven; bake until tender, 12–15 minutes. Transfer to a serving platter; keep warm.

Wipe skillet clean and toast caraway seeds over medium-high until they pop, 1–2 minutes; transfer to a bowl. Melt remaining butter to skillet. Cook turnip greens until wilted, 3–4 minutes. Stir in reserved caraway seeds and salt; cook 1 minute. Transfer to platter with roasted turnips.