

TUV  
HA'ARETZ  
WINTER  
CSA  
2014 -2015



# TUV HASHAVUA BEST OF THE WEEK

## In Praise of Schmutz and Schnibbles

*Amy Thielen, Saveur Magazine*

**SPRING/SUMMER  
2015 CSA SHARE  
REGISTRATION  
COMING!  
Watch your email!**

### MANY THANKS TO OUR VOLUNTEERS

2/12/2015

5-8pm Pick-up  
Jeffrey Piekarsky  
Ed Reznik  
Iris Litwin  
Rachel Benzaquen  
Laura Kujo

Noon Truck Unloading  
Philip Blyth  
Joan Ferng  
Lauren Pemberton

8pm Unclaimed Shares  
Adrian Hayes

### 2/12 SPECIAL PICK-UP: FLOUR, BEANS, GRAINS

Have ideas for new  
TUV programming?  
Share your ideas  
with the core group:  
[tuv@fhjc.org](mailto:tuv@fhjc.org)

Join us on TWITTER  
and FACEBOOK –  
share your recipes,  
photos, ideas, etc.

TUV HA'ARETZ CSA at the  
Forest Hills Jewish Center

106-06 Queens Blvd.  
Forest Hills, NY 11375  
718-264-7000, ext 250 |  
[tuv@fhjc.org](mailto:tuv@fhjc.org)

- **Tuv Ha'Aretz CSA:**  
[foresthillstuvcsa.com](http://foresthillstuvcsa.com)
- **Facebook:**  
[www.facebook.com/tuvFHJC](http://www.facebook.com/tuvFHJC)
- **Twitter:** @tuvFHJC
- **Mountain View Farm:**  
[mountainviewfarmcsa.com](http://mountainviewfarmcsa.com)
- **FHJC:** [www.fhjc.org](http://www.fhjc.org)
- **Hazon:** [www.hazon.org](http://www.hazon.org)

Good cooking, like good living, involves a little risk. Sure, we must learn how to control the heat, and cut with some sort of precision. But once that's down, it's time to start bending the rules, selectively. The best cooks I know let out their own reins and cook intuitively. They flirt with the dark, the crusty, the nearly-too-far-gone.

Most of my favorite dishes teeter on the brink of burnt. I love when the mahogany edges of a pan-fried steak leave an imprint on the pan, or the seared fillet medallion wears an espresso-colored crown, or when that bit of chopped garlic shrinks in the sizzling oil like a gold star about to burn out, its flavor fully exhaled into the oil. This point of doneness is better known as the peak of perfection, but let's call it what it really is: the edge of ruin.

My mom intuitively knew about cooking on the brink. She watched the bottoms of pots like a hawk watches a forest floor. I remember her aiming her spoon at the prized brown bits left after frying steaks or chicken. These she dubbed the “schnibbles.”

As in: “See how the chicken skin sticks to the bottom of this heavy pan? That's good schnibbles.” From these tiny, salty meteors left behind, she built her luscious gravy. She taught me that if you were going to go from “sauté to sauce,” you had to use a metal pan—and not Teflon, but something with a semi-stick bottom. A generation back, her mother, Grandma Dion, had another word — “schmutz” — for the prized bits she'd shuttle to one side of the pan with a bent spatula, as if culling precious stones from a rubbly iron creek bed. As in: “Burn the schmutz and it's all downhill!”

This was confirmed when I hit professional kitchens, where my tutelage down in the pan hollows continued. At David Bouley's Danube, my first line-cooking gig in Manhattan, fellow cooks taught me how to properly add the tomato paste, common to the goulashy braises of the place: “No, no, no, you don't just add it to the caramelized veg and deglaze. You have to cook it until it lays down a copper film on the bottom of the pan. Until it clings.” Sure enough, a few minutes after I added a lump of tomato paste, it obediently left a bright, fake-tan-like patina on the bottom of the pan. Only then was I to add the sweet and hot paprika, stirring until the powder softly detonated—or “bloomed”—in the hot fat, and finally, the deglazing liquid. I learned that 10 minutes of careful attention paid to the pan bottom created about 90 percent of the flavor of the finished goulash.

We called this flavor base the “fond,” a corruption of the French *fondation*, but we were wrong: Fond refers to the liquid from deglazing. The French slang for schnibbles is *sucs*, derived from the Latin for sugar—or, basically, the “sap of the meat.” And the link to sugar here is key: Even in savory foods, chefs are always working to bring the natural sugars present in the vegetable or the protein up to the surface. This is why we roast Brussels sprouts, and grill fish, and pan-fry chops, etc.

A few years after Danube, I cooked at an upscale Chinese place where the wok line was jet-fired. The woks got so hot that when the cut ingredients hit the bottom, they skittered around as if alive. The cooks kept everything constantly moving; anything standing in one spot would have darkened immediately. At the end they added a little liquid, and the entire dish, flipping in the air in waves, was imbued with what cookbook author Grace Young calls “the fiery breath of the wok.” There were no visible schnibbles in this Chinese kitchen, but high heat, a thin film of pure bottom flavor, and the cook's courage made for unmistakable pan schmutz. That crusty bottom, I came to believe, is where the soul of the dish resides, in any cuisine. The deeper I delved into the details of cooking — cooking on the line in fine dining restaurants, developing my own style, writing a cookbook — the more I realized that my most successful recipes led me right back to the schnibble-filled pans of my childhood.

About those names: Schmutz? Schnibbles? Such an important part of the craft, and that's all the cooking vernacular gives us? Then again, why not? Maybe it's fine, even appropriate, to nickname your crusty bits. It's a personal place, that bottom of the pan.

*Amy Thielen is a recovering professional cook, a TV host, and the James Beard Award-winning author of The New Midwestern Table.*

## Recipe-Free Souper Soups *Deanna L. Davis, CSA Member*

Chilly winter weather makes me crave something warm, and nothing cleans out the fridge better than soup packed with all the veggies that need to be used.

Loads of experimentation helped me create delicious tasting soups that provide lunch for a busy workday or a soothing, warm meal at night. Here are my top ten tips to transform a bunch of veggies into a delicious soup.

**Build a Flavor Base:** Start each soup with a veggie base to build flavor. Start by sautéing 1-2 chopped onions (1-2 cups) in olive oil for about 5 minutes. Then add a few minced garlic cloves and cook for 2-3 minutes or until fragrant. Finally add 2-4 chopped carrots and 3-5 stalks of chopped celery (or chopped swiss chard stems work!) and cook for another five minutes.

**Sauté Harder Veggies:** Next add chopped hard veggies like broccoli, cauliflower, fennel, potatoes, cabbage, kohlrabi, yams, etc. and get a nice pale brown sauté on the veggies before adding in flavorings.

**Heat up your herbs:** Once your veggies are in, add flavor with fresh or dried seasonings. Add herbs and other aromatics and cook until fragrant. The more herbs you add now, the less stock or salt you'll need to boost flavor. Next add stock or water (or a mix) and cook until veggies are tender.

**Greens Go in Last:** Greens like spinach, collards and kale cook through in 3-10 minutes for the heartier versions and in 1-3 minutes for baby greens and escarole. Add a chiffonade of greens in at the last minute so they become vibrant green additions to your soups instead of a wilted grey green. To chiffonade greens, stack the leaves in a pile roll tightly like a cigar and then slice small slices off the ends. This gives you ribbon-like strips of greens floating delicately on your soup.

**Power Up with Plant-Based Protein:** For a heartier soup, add cooked beans in the last couple of minutes of cooking. Lentils can go in with the heartier veggies and cook with the soup as they usually take 15-30 minutes to cook, depending on the lentil type.

**Grains, Glorious Grains:** Whole grains take a while to cook through and likely need more time than your veggies. Depending on the soup, I'll usually cook the grains separately and add in during the last few minutes of cooking, similar to the bean addition, to simply warm them through. However, if you like softer veggies, add in the grains with the stock and simmer until the grains are tender.

**Pasta Perfection:** During the last few minutes of cooking, add in dried pasta and cook for 2-3 minutes short of the recommended time as the pasta will continue to cook as the soup cools. Pasta will soak up water as it cooks. If the soup is too thick after the pasta cooks, simply add in more water or stock.

**Smooth Soups:** For creamy soup, an immersion blender is your best friend. These save significant time and a messy transfer of soup to a blender. Simply put the immersion blender into the soup and blend away for 1-2 minutes or until the soup is at a consistency you prefer. A note of caution: keep the blade immersed while blending – I've accidentally burned myself with scalding hot soup, spraying it all over me and my stove when I stopped paying attention for a second.

**Stock Up:** Use veggie trimmings and herb stems to make your own stock. Once you have 6-8 cups saved, put all of it in a pot and add 10-15 cups of water, a teaspoon or two of salt, some pepper and cook for about an hour until all the bits are soft. Strain out the veggies and you have a couple quarts of stock.

**Thicker Soup:** For a richer, creamier soup without blending, make a roux in a separate pot. This can be done in several ways: with cornstarch whisked into 3x the amount of water (pour into the soup pot when smooth). Or take equal parts flour and a liquid fat (melted like coconut oil or butter) in a separate pot, and whisk together and cook until golden. Whisk in a cup of stock and cook for 5 minutes. Whichever thickener you use, stir well when you add it to the soup.

**Freezer Friendly:** When making a big batch of soup, freeze a few servings in portion-friendly sizes (1-2 cups) so you defrost and have soup anytime. This will save you time and help keep you full with hearty, warm foods in a pinch. I like to freeze about half the soup I make – I get tired of the flavor after a couple of bowls but I'm always excited to have a defrosted bowl of the same soup another day.

*Deanna has been a member of our CSA for more than four years and once spent two days making a single pot of soup that used dehydrated butternut squash as dumpling wrappers. A marketing pro, Deanna blogs sporadically at [minorlyobsessed.wordpress.com](http://minorlyobsessed.wordpress.com), where she mostly modifies recipes to make them a little healthier and use her abundant CSA share.*

## 2/12: WHAT'S IN THE BOX??

# Celeriac, Carrots, Kohlrabi, Canned Tomatoes, Potatoes, Beets, Radishes, Purple Top Turnips ... etc.!

### Celeriac/Kohlrabi, Lentils, Mint, and Hazelnuts

*Adapted from Yotam Ottolenghi, "Plenty" | Serves 4-6*

1 cup French green lentils  
3 cups water  
2 bay leaves  
4 thyme sprigs  
1.5 lbs. celeriac and/or kohlrabi, peeled, cubed  
3 tbsp red wine vinegar  
4 tsp olive oil  
3 tsp hazelnut oil  
4 tbsp chopped fresh mint  
1/3 cup roasted, chopped hazelnuts  
salt and pepper

Combine lentils, water, bay leaves, thyme in saucepan. Simmer for 15 minutes or until lentils are al dente. Drain.

Bring a second pan of well-salted water to a boil and cook the celeriac/kohlrabi for 8-10 minutes, until just fork-tender. Drain.

While hot, pour the drained lentils into a large bowl and stir in red wine vinegar, olive oil, and 2 tsp hazelnut oil, salt and pepper. Add cooked celeriac/kohlrabi and half the mint and half the hazelnuts; toss. Adjust seasonings as needed. Plate, using the reserved mint, nuts, and a drizzle of hazelnut oil to garnish.

### Tomato Soup & Grilled Cheese Crouton

*Deb Perelman, adapted from smittenkitchen.com | Serves 4 to 6*

1 tbsp olive oil  
2 to 4 cloves garlic, minced  
¼ tsp dried thyme leaves  
¼ tsp dried crushed red pepper, or to taste  
1 quart canned tomatoes  
4 cups vegetable stock  
4 x 1-inch slices from a large loaf of bread of your choice, toasted, then lightly buttered on one side  
1 tbsp grated raw onion  
1 cup coarsely grated cheddar (or more to taste)  
salt and pepper, to taste

**SOUP:** In a large pot, cook garlic, thyme, pepper flakes in oil over medium heat, till fragrant. Add tomatoes and cook till bubbling. Add stock and bring to a boil. Simmer for 25 minutes. Adjust seasonings to taste and puree using an immersion blender or blender (careful – hot soup burns!)

**CROUTONS:** Heat oven to 350°F. Arrange four ovenproof soup bowls or large mugs on a foil-lined baking sheet. Stir grated onion into the warm soup. Float toast slice(s) in each bowl, buttered side up, and sprinkle grated cheese generously over top. Bake soups on tray for 15 to 20 minutes, until cheese on top is bubbling and brown at the edges. Serve immediately.

**FINAL WINTER SHARE PICK-UP TODAY!**