

**IN THE BAG**  
**Potomac Vegetable Farms**  
**Week 13: August 29, 2011**

**This is what we anticipate will be in your bag. It could be slightly different.**

**Mini:** onions, beans, peppers, garlic, eggplant, tomatoes, cherry tomatoes, parsley or chard or collards

**Regular:** potatoes, carrots, beans, peppers, garlic, eggplant, tomatoes, Korean melon or watermelon or salad mix, basil, fresh herb

**Robust:** potatoes, onions, carrots, beans, peppers, garlic, eggplant, tomatoes, cherry tomatoes, melon or watermelon, salad mix, basil, fresh herb

Everything should be stored in the refrigerator except basil, garlic, tomatoes, potatoes and onions. Basil goes on the counter in a cup of water. Trim the ends first! Tomatoes should go on the counter; the fridge will make them mealy. Potatoes, onions and garlic should go in a cool, dry, dark place.

## **Eggplant Orzo with Toasted Hazelnuts**

From [Savory Sweet Life](#)

Prep time: 10 mins

Cook time: 10 mins

Total time: 20 mins

Serves: 6

A hearty and delicious vegetarian side dish with orzo, eggplant, and toasted Hazelnuts

- 1 cup orzo pasta
- 2 tablespoons butter
- 2 tablespoons olive oil
- 1/2 medium onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 eggplant, cubed 3/4inch pieces
- 2 tablespoons white wine vinegar
- 1/2 cup toasted chopped hazelnuts
- 1/4 cup basil, chopped
- 1/4 cup parsley, chopped

Prepare the orzo according to package instructions and set aside. In a medium-large pot, heat the butter and the olive oil on medium heat until the butter melts. Add the onion and garlic and saute for 3-4 minutes until the onions are translucent. Add the eggplant and continue to saute for 5 minutes. Stir in the cooked orzo, vinegar, hazelnuts, basil, and parsley. Remove from heat and serve warm.

**Grilled Ratatouille**  
From [Big Girls Small Kitchen](#)

Makes 2 servings

This can be executed on an indoor grill pan, but it will take forever. If that's all you have at your disposal, save yourself the trouble, and just make regular ratatouille from our book! Additional instructions on grilling veggies can be found in the July/August issue of Cooks Illustrated.

1 small eggplant, sliced lengthwise 1/3 inch thick  
1 zucchini, sliced lengthwise 1/4 inch thick  
1 yellow squash, sliced lengthwise 1/4 inch thick  
1 orange or yellow pepper, cored and sliced into rings  
1 red pepper, cored and sliced into rings  
1 medium red onion, peeled and cut into rings  
1 pint cherry or grape tomatoes  
1/4 cup roughly chopped basil  
1 tablespoon fresh thyme leaves, chopped  
1 tablespoon balsamic  
1/4 cup olive oil  
Sea salt  
Skewers

Heat a charcoal grill.

In a shallow dish, place half of the olive oil. Brush the eggplant, squash, zucchini, and peppers with oil on both sides and season with salt and pepper. String the tomatoes onto skewers and brush with oil. Arrange the veggies on the grill.

Grill on both sides until nice char marks form and each vegetable becomes tender (about 10 minutes for eggplant, 8 for zucchini/squash, 8 for peppers, 5 for tomatoes, 10 for onions).

Remove the veggies to a cutting board and roughly chop. Combine the basil, balsamic, and remaining oil in a mixing bowl. Add the chopped veggies and toss to combine. Taste for seasoning and add more salt as necessary.

Enjoy alongside grilled meat or fish, or as a topping for pasta, hot or at room temperature.

## Eggplant and Chickpea Curry

From [Fat Free Vegan Kitchen](#)

Servings: 4

- 1 large eggplant
- 1 medium onion, chopped
- 1/2 red bell pepper seeded and diced
- 1 1/4 teaspoon cumin seeds
- 1 1/4 teaspoon ground coriander
- 1/2 teaspoon turmeric
- 1/8 teaspoon asafetida (or 1 clove garlic, pressed)
- 1 14-ounce can diced tomatoes (fire-roasted preferred)
- 2 teaspoons ginger paste or minced ginger root
- 1/2 teaspoon cayenne or other hot red pepper (less or more, to taste)
- 1 15-ounce can (or 1 1/2 cups) cooked chickpeas, rinsed and drained
- 1/2 cup water
- 1/4 cup minced parsley or cilantro
- 1/4 teaspoon garam masala (start with less and add more to taste)

Preheat oven to 400F. Prick eggplant with a fork several times and place on a baking sheet. Bake for 40-45 minutes, until eggplant is sunken and soft all the way through. Remove from oven and set aside until cool enough to handle. Peel and chop the eggplant flesh.

Heat a non-stick skillet and then spray it lightly with vegetable oil. Add the onion and cook until it begins to turn golden. Add the bell pepper and cook for a few more minutes. Clear a spot in the center of the skillet and sprinkle the cumin seeds directly on the hot surface. Stir and toast them for about a minute, until they become fragrant. Stir them into the onions and peppers and add the coriander, turmeric, asafetida (or garlic), tomatoes, ginger paste, and red pepper. Add the eggplant and cook over medium heat, pressing eggplant with the back of a spoon to break up large pieces, for about 10 minutes. Add the chickpeas and enough water or chickpea cooking liquid to keep the mixture moist, cover tightly, and turn heat to low. Cook for at least 15 minutes, stirring periodically, until sauce has thickened and flavors have blended. (You can hold this dish on low for up to 45 minutes while you prepare the rest of your meal, but add additional liquid as needed and don't forget to stir, scraping the bottom.)

Just before serving, add parsley (or cilantro), garam masala, and salt to taste. Serve with rice or Indian bread.

Note: I used freshly-made garam masala, which is more flavorful than most store-bought blends; depending on your spice blend, you may need to add more to get the right flavor. Garam masala recipes vary, but my current favorite is to combine 1 tablespoon black cardamom seeds, 1 cinnamon stick (about 2 1/2 inches long), 1 teaspoon cumin seeds, 1 teaspoon whole cloves, 1 teaspoon black peppercorns. Grind in coffee or spice grinder until powdered. Heat a small, dry pan. Add spices and toast just until fragrant, about 1 minute. Remove from heat, transfer to a bowl, and allow to cool. Once cool, store in a sealed jar for future use.

## **Eggplant Salad Toasts**

From [Smitten Kitchen](#)

Makes about 8 toasts; double the recipe if you'd like to eat the salad straight or use it in one of the ways suggested above

1 medium eggplant, about 3/4 pound, cut into 1/2-inch cubes

2 tablespoons olive oil plus additional for oiling baking sheet

1/4 teaspoon salt

Black pepper

1 teaspoon red wine vinegar

1/4 cup crumbled feta

1 scallion, thinly sliced

8 1/2-inch slices of baguette, brushed with olive oil (I used 1-inch slices in the photos, then decided they were too thick)

1 small clove garlic, peeled and halved

Preheat oven to 425 degrees. Lightly oil a baking sheet or roasting pan. Toss eggplant, 2 tablespoons olive oil, salt and a generous amount of black pepper together in a medium bowl until evenly coated. Spread on prepared baking sheet and roast for about 25 minutes, moving pieces around occasionally so they evenly brown. For a cold salad, let the eggplant cool a bit before mixing it with red wine vinegar, feta and scallion. For a warm salad where the feta glues itself to the eggplant a bit, toss the vinegar, feta and scallion together when the eggplant just comes out of the oven. You'll want to eat the warm salad quickly.

Broil or toast baguette slices then rub them with a garlic clove before heaping on eggplant salad.

## Ottolenghi Soba Noodles

From [101 Cookbooks](#)

Prep time: 15 min  
Cook time: 30 min  
Serves 4-6.

If you want to prep certain components in advance, you can make the dressing up to a few days ahead of time. You can also cook the soba noodles in advance, cut the mango, grill/saute the tofu, and slice the onions. I'd cook the eggplant and chop the herbs just before serving.

1/2 cup / 120 ml brown rice vinegar  
scant 1/3 cup / 1.5 oz / 40 g fine-grain natural cane sugar or brown sugar  
1/2 teaspoon fine grain sea salt  
2 garlic cloves, peeled and crushed  
1/4 teaspoon red pepper flakes or 1/2 fresh red chile, minced  
1 teaspoon toasted sesame oil  
grated zest and juice of one lime

1/3 cup / 80 ml sunflower oil or olive oil  
1 medium eggplant/aundergine 3/4 lb / 12 oz, cut into 1/2-inch / 1cm chunks  
8 ounces / 225g dried soba noodles  
1 large ripe mango, cut into small chunks  
8 ounces grilled or pan-fried tofu, cut into tiny cubes  
1/2 medium red onion, very thinly sliced  
a handful of basil leaves, slivered  
a handful of fresh cilantro / coriander, chopped

While you are prepping the rest of the ingredients bring a large pot of water to a boil.

In the meantime, make the dressing by combining the vinegar, sugar, and salt in a small saucepan over medium heat. Cook, stirring, for up to 1 minute, or until the sugar dissolves. Remove from heat and add the garlic, red pepper flakes or chile, and sesame oil. Allow to cool, then add the lime zest and juice.

Heat the sunflower oil in a large skillet and shallow fry the eggplant/aundergine in three batches, until deeply golden. Transfer to a large plate lined with paper towels and sprinkle with a generous pinch of salt.

Cook the soba noodles in a large pot of boiling salted water, per package instructions, or until just tender. Drain and rinse under cold running water. Shake off as much of the excess water as possible, then leave to dry in the colander or on a tea towel. If you're not using the noodles soon, toss with a tiny splash of olive oil to prevent the noodles from sticking to each other.

In a large mixing bowl toss the noodles the dressing, mango, tofu, eggplant, onions, and most of the herbs. You can now set this aside for an hour or two before serving topped with the remaining herbs.

## Summer Vegetable Cianfotta Recipe

From [101 Cookbooks](#)

Serves 8 as a first course, or 4 to 6 as a main course.

Fiorelli are the flower buds that eventually grow into squash blossoms - if you can't find them don't let it stump you, just leave them out or use squash blossoms which are more readily available.

1 globe eggplant, trimmed and diced (about 4 cups)  
4 summer zucchini or squashes, trimmed and diced (about 4 cups)  
Kosher salt  
1 fennel bulb  
2 cups extra virgin olive oil  
5 cloves garlic, smashed with the side of a knife  
4 sprigs (fresh) marjoram  
1 bay leaf  
3 Yukon Gold potatoes, cubed (about 2 cups)  
2 cups water  
1 cup fiorelli or thinly sliced squash blossoms  
1 cup cherry tomatoes, stemmed and halved  
Block of aged pecorino for shaving

Preheat the oven to 300°F.

Evenly distribute the eggplant and zucchini on a rimmed baking sheet and sprinkle with about 1 teaspoon salt. Let stand for 20 minutes.

Meanwhile, cut off the stalks and feathery tops (reserve for another use) from the fennel bulb, halve lengthwise, and then cut away the core. Cut the halves lengthwise into 1/4-inch-thick slices. You should have about 2 cups.

In a 6- to 8-quart heavy-bottomed pot, combine the olive oil, garlic, marjoram, and bay leaf over medium heat and sweat, stirring occasionally, for about 3 minutes, or until the garlic begins to soften. Stir in the fennel and 1 teaspoon salt, and cook gently for about 2 minutes, or until the fennel begins to soften. Stir in the potatoes and cook, stirring occasionally, for a few minutes more.

Pat the zucchini and eggplant pieces dry and add them to the pot. Stir the vegetables to ensure they are coated evenly and generously with the oil. Cover the pot, place in the oven, and cook, stirring gently every 10 to 15 minutes, for about 40 minutes, or until the vegetables are tender but not falling apart.

Remove from the oven and drain off most of the olive oil from the vegetables (you can reserve the oil in the refrigerator for a future batch of cianfotta). Add the water to the vegetables, place over medium-high heat, bring to a simmer, and cook for 5 minutes. Add the fiorelli and tomatoes and simmer for a minute or two more. Check for seasoning and season.

Divide the soup among warmed bowls. Using a vegetable peeler, shave a few pecorino curls over the top of each serving. Serve immediately.