

**IN THE BAG**  
**Potomac Vegetable Farms**  
**Week 11: August 15, 2011**

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

**Mini:** onions, carrots, peppers, tomatoes, cherry tomatoes, basil, possibly corn or eggplant

**Regular:** potatoes, peppers, squash, tomatoes, chard, basil, fennel, blackberries, possibly corn or eggplant

**Robust:** potatoes, onions, carrots, peppers, squash, salsa kits, tomatoes, cherry tomatoes, basil, fennel, blackberries, possibly corn or eggplant

**Everything should be stored in the refrigerator except basil, tomatoes and potatoes.** Basil goes on the counter. Tomatoes should go on the counter; the fridge will make them mealy. Potatoes and garlic should go in a cool, dry, dark place. Onions can go either on the counter or in the fridge.

## **Flank Steak with Bloody Mary Tomato Salad Recipe**

From [Steamy Kitchen](#)

Servings: 4

Prep Time: 10 minutes

Cook Time: 15 minutes

If you don't have celery seeds, feel free to use celery salt, however go light on using the olive brine in the salad dressing.

### **FOR THE STEAK:**

2 pounds flank steak (or use steak of your choice)

salt and freshly ground pepper

### **FOR THE SALAD:**

1/4 red onion, very thinly sliced

1/4 cup olives, chopped + 2 tablespoons olive brine

1 pint cherry tomatoes, cut in half

2 stalks celery, sliced very thin and diagonally + handful of plucked celery leaves from the tops

2 teaspoons Worcestershire sauce

1/2 teaspoons prepared horseradish

Few shakes of Tabasco sauce

2 tablespoons extra virgin olive oil

1/2 teaspoon celery seeds

Freshly ground black pepper

Prepare the quick onion pickle first. In a small bowl, combine the red onion with the olive brine (or juice). Let sit for 10 minutes while you prep the rest of the recipe.

Preheat the grill to high heat. Grill the steaks 5-7 minutes on each side for medium-rare. Season the steaks immediately with salt and pepper. Let the steak rest while you prepare the salad.

In a large bowl, combine the chopped olives, tomatoes, celery and celery leaves. Add the red onion to the salad, leaving olive brine in the small bowl.

To create the dressing, whisk together the remaining ingredients into the olive brine. Season with black pepper. The dressing should be tangy, salty and however spicy you'd like! Add additional olive brine (for more salt), horseradish or hot sauce if desired.

If you're using flank or skirt steak, slice the steak ACROSS the grain. Serve steak with the Bloody Mary Tomato Salad.

## **Grilled Ratatouille**

From [Big Girl 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.

## **Broiled Asiago Heirlooms**

From [Tasty Kitchen](#)

Prep Time 5 Minutes

Cook Time 5 Minutes

Servings 3

4 whole Large Heirloom Tomatoes, Sliced

½ teaspoons Coarse Sea Salt

½ teaspoons Freshly Cracked Black Pepper

1 cup Panko Bread Crumbs

¾ cups Freshly Grated Asiago Cheese

3 cloves Garlic, Minced

¼ cups Fresh Chopped Parsley

Preheat the broiler on your oven. I set mine to high.

Lay sliced tomatoes in a 9×13 baking dish, overlapping a few if needed. Sprinkle tomatoes with salt and pepper. In a bowl, mix panko, cheese, garlic and parsley with a spoon until combined. Evenly sprinkle panko mix over the top of the tomatoes. Broil for 2-3 minutes, or just until cheese and crumbs are golden. Watch carefully as the bread crumbs can burn quickly! Serve as a summer side dish, a salad starter, or a snack!

## Slow Roasted Tomato Caprese Salad

From [Tasty Kitchen](#)

Prep time: 30 minutes

Cook time: 3 hours

Servings: 4

Grape and cherry tomatoes turn sweet and deeply flavorful after slow roasting in a low oven. Tossed with fresh mozzarella, basil, and a balsamic glaze, you have a beautiful summer salad.

The recipe makes more tomatoes than you need for the salad. They're delicious on their own, like little tomato candies. Add them to your favorite pasta dish or use them in bruschetta, piled on toasty, garlic rubbed bread.

2 pints Grape Or Cherry Tomatoes

1 head Fresh Garlic

2 Tablespoons Extra Virgin Olive Oil

1 teaspoon Ground Coriander Seed

½ teaspoons Kosher Salt

½ teaspoons Freshly Cracked Black Pepper

1 cup Balsamic Vinegar

8 ounces, weight Fresh Mozzarella

5 leaves Fresh Basil

Crusty Bread, To Serve

Preheat your oven to 225°F and line a large baking sheet with parchment paper. Halve the tomatoes and separate the cloves of garlic, leaving them unpeeled. Toss tomatoes and garlic with olive oil, ground coriander, salt and pepper. Arrange tomatoes on the baking sheet, cut side up.

Roast tomatoes for around 3 hours, until the edges are wrinkled but the insides are still a bit juicy. I found that round cherry tomatoes tend to take a bit longer than oval-shaped grape tomatoes.

To make the balsamic glaze, heat the balsamic vinegar in a small saucepan over medium-low heat. Bring vinegar to a boil and allow to reduce by about half, until it's thick and glossy. This will probably take around 20-30 minutes; keep an eye on it so it doesn't burn. You'll definitely have extra glaze; it will keep in the fridge for quite a while.

When you're ready to serve your salad, tear the mozzarella into bite size chunks and chiffonade the basil. Then, in a medium sized serving bowl, toss basil with the mozzarella and a cup of the roasted tomatoes. Drizzle with the balsamic glaze and serve right away with some crusty bread!

## ROASTED TOMATO SOUP

From [Sprouted Kitchen](#)

Serve 2 as an entree, 4 as a side

Because it's summer and I prefer things lighter, I honestly did not add any cream. This is your choice. It will take an edge off of the acidity, but I thought a little cheese crostini balanced it out just fine.

1 1/4 lb. Ripe Tomatoes (about 4 Large Tomatoes)  
1/2 Medium Yellow Onion  
3 Garlic Cloves  
1 Tbsp. Extra Virgin Olive Oil  
1 tsp. Sea Salt  
Fresh Ground Pepper  
1 Tbsp. Chopped Parsley  
1 1/2 Cups Low Sodium Vegetable or Chicken Broth  
1 Tbsp. Organic Tomato Paste  
1/4 Cup Heavy Cream or Half and Half, optional  
Fresh Oregano + Basil for garnish

Fresh Grainy Bread  
Mozzarella Cheese

Preheat the oven to 350'. Cut the tomatoes and the half of an onion into wedges. Use your finger to push out some of the seedy parts of the tomatoes, but this is not a huge deal, just get out the big seedy parts, a bit intact is fine. Spread them on a rimmed baking sheet. Drizzle with the olive oil and sprinkle the salt, a generous amount of pepper, the chopped parsley and gently toss it with your hands. Tuck the garlic cloves somewhere in a tomato, so they don't burn. Roast on the middle rack for 30-40 minutes until the tomatoes have broken down and reduced to about half their size. Remove and cool slightly.

Warm the broth and stir in the tomato paste to dissolve. Add the all of the ingredients from the roasting pan into the broth and let it gently simmer for 5-10 minutes. Use an immersion blender to puree the soup in the bowl, or with a food processor or blender. The soup should be smooth, with some texture. If you don't like any texture at all, you could run it through a fine mesh sieve. Return it back to the pot, and add the cream to taste, if using. Taste for salt and pepper.

Serve with some toasted bread, or broil a few slices with a piece of mozzarella on top. Garnish with fresh chopped basil and oregano.

## **Scarpetta's Spaghetti with Fresh Tomato Sauce and Garlic Basil Oil Recipe**

From [Steamy Kitchen](#)

Serves 4

4 ripe organic tomatoes (preferably plum tomatoes)  
One 12-ounce can of San Marzano or organic whole tomatoes  
2 tablespoons extra virgin olive oil  
Pinch of crushed red chili pepper flakes  
Kosher salt and freshly ground black pepper  
2 tablespoons unsalted butter  
1 ounce freshly grated Parmigiano-Reggiano (about 1/2 cup)  
6 to 8 fresh basil leaves, well washed and dried, stacked and rolled into a cylinder and sliced thinly crosswise into a chiffonade  
1 pound spaghetti, either high-quality dry or homemade

For the Basil-Garlic Oil:

1/4 cup extra virgin olive oil  
6-8 whole cloves garlic  
10 whole fresh basil leaves  
Generous pinch crushed red chili pepper flakes

Bring a large pot of water to a boil. Have a large bowl of ice water nearby. Cut a small X on the bottom of each tomato. Ease the tomatoes into the pot and boil for about 15 seconds, then promptly move them to the waiting ice water. (Continue with the remaining tomatoes.) Pull off the skin with the tip of a paring knife. If the skin sticks, try a vegetable peeler using a gentle sawing motion. Cut the tomatoes in half and use your finger to flick out the seeds.

In a wide pan, heat 2 tablespoons of olive oil over medium-high heat until quite hot. Add the fresh and canned tomatoes, red pepper flakes, and season lightly with the salt and pepper. (I always start with a light hand with the salt and pepper because as the tomatoes reduce, the salt will become concentrated.) Let the tomatoes cook for a few minutes to soften. Then, using a potato masher, chop the tomatoes finely. Cook the tomatoes for 20 to 25 minutes, until the tomatoes are tender and the sauce has thickened. (You can make the sauce, which yields about 2-3 cups, ahead of time. Refrigerate it for up to two days or freeze it for longer storage.)

While the tomatoes are cooking, make the basil-garlic oil. Heat a small saucepan over low heat with 1/4 cup olive oil, garlic cloves, basil leaves and pepper flakes. Keep the heat on low to allow the ingredients to warm slowly and release their flavors. When the garlic is lightly browned, turn heat off and let cool for 10 minutes. The longer you let the oil sit, the more infused the oil. Strain the oil, discarding the solids.

To cook the spaghetti, bring a large pot of amply salted water to a boil. Cook the spaghetti until just shy of al dente and drain, reserve a little of the pasta cooking water.

Add the cooked pasta to the sauce and cook over medium-high heat, gently tossing the pasta and the sauce together with a couple of wooden spoons and a lot of exaggerated movement (you can even shake the pan) until the pasta is just tender and the sauce, if any oil had separated from it, now looks cohesive. (If the sauce seems too thick, add a

little pasta cooking liquid to adjust it.) Remove the pan from the heat and toss the butter, basil and cheese with the pasta in the same manner (the pasta should take on an orange hue). Drizzle with just a bit of the basil-garlic oil on each plate (you might not use all of it).



## **Ginger-Tomato and Sweet Onion Chutney**

From [Big Girl Small Kitchen](#)

Makes 1-2 cups

- 1 small sweet onion, halved and thinly sliced
- 1 tablespoon minced fresh ginger
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 2 tablespoons unsalted butter
- 1 large garlic clove, minced
- 3 plum tomatoes, seeded and roughly chopped
- 1/4 cup white wine
- 1/2 lime, juiced
- 2 tablespoons chopped fresh basil

In a medium sauce pan with a lid, combine the onion, ginger, sugar, salt, and butter over low heat. Cook covered for 20 minutes, until the onions are soft and have released their liquid. Add the garlic, tomatoes, and wine. Cook uncovered until some of the juices have cooked off and the sauce has thickened, about 15 minutes.

Add the lime and basil off the heat. Taste for seasoning, and spoon over grilled or seared fish.

## Spiced Tomato Gratin

From [101 Cookbooks](#)

I don't bother to peel the potatoes, but you can if you like. You're going to want to use a mandoline, if you have one, to slice the potatoes. If not, you can use a knife, it just takes a bit longer.

1 teaspoon whole cumin seeds  
2 teaspoons curry powder  
1/2 teaspoon red pepper flakes  
1/4 cup extra-virgin olive oil

6 cups thinly sliced yellow onions (about 2 pounds / 32 oz / 910 g)

1 tablespoon unsalted butter  
1 1/4 pounds / 20 ounces / 570 g Yukon Gold potatoes  
1/2 cup / 120 ml heavy cream  
2 pounds / 32 oz / 910 g ripe tomatoes  
a small handful of basil leaves, slivered  
sea salt and freshly ground pepper

Preheat the oven to 350F / 180C with a rack in the top third.

Combine the spices in a small bowl and set aside.

You can get a jump start on the onions while you slice the potatoes and tomatoes. Heat half of the olive oil, 2 tablespoons, in your largest skillet or dutch oven over high heat. When hot, stir in the onions along with a few pinches of salt. Cook for a few minutes, stirring often, until the onions soften up - 4-5 minutes. Turn the heat down to medium and stir in the butter. Stirring regularly, cook another 10 - 15 minutes at this temperature, or until the onions just begin to caramelize a bit. Dial the heat back a shade more, and cook until the onions are deeply golden, this might take another 20 minutes. A minute before the onions are finished cooking stir in the spice mixture. Remove the pan from heat and set aside the onions.

In the meantime, use a mandoline to slice the potatoes into 1/8-inch thick rounds. Place in a medium bowl along with the cream, 1 teaspoon of salt, and bit of pepper. Toss well, and set aside.

Use a knife to cut the tomatoes into 1/4-inch thick slices. Arrange across a large plate and sprinkle with another teaspoon of salt and some pepper.

Smear half the caramelized onions across the bottom of a 10x10 inch (or equivalent) gratin or baking dish. Take half of the potatoes and half of the tomatoes and arrange on top of the onion layer (see photo). Drizzle with a couple tablespoons of cream from the potatoes and a tablespoon of olive oil. Season the layer with a pinch of salt and half the basil.

Scatter the remaining onions across the potatoes and tomatoes already in the pan. Then arrange another layer of tomatoes and potatoes on top. This will be the top of your gratin, so do your best to make it look nice. Pour the remaining cream, from the

potatoes, and last tablespoon of olive oil across the top. Season with another pinch of salt and the remaining basil. Gently press down on the vegetables so the cream comes up through the layers of vegetables evenly.

Cover tightly with aluminum foil and bake for 2 hours, or until the potatoes are completely tender throughout. Increase the oven to 450F / 230C, carefully uncover the gratin, and cook another 30 minutes, or until the top takes on a nice golden color.

Serves 10 as a side.